

Chicken Enchiladas with Red Chile Sauce

You can prepare the sauce and the chicken mixture up to two days ahead, and refrigerate separately until ready to put the enchiladas together. A great way to make a weeknight quick and easy

Even more short on time? Then buy one of those already made rotisserie chickens at the grocery store and skip the entire chicken prep! Just shred it up, sauté the ½ c onion, combine onion and chicken with Fat Free sour cream and make the red chilies sauce!

Chicken

3 cups fat free, low sodium chicken broth

1 ½ cups finely chopped onion (this is going to be split in the recipe)

½ teaspoon salt

4 skinless, boneless chicken breast halves (about 6 ounces each)

2 garlic cloves, minced

1 bay leaf

½ cup fat free sour cream

Cooking spray

Whole wheat tortilla wraps (I use the Joseph brand wheat/flax wraps – 70 calories each)

1 ¼ cup low fat (2% or skim) shredded Mexican cheese

Red Chili Sauce

New Mexico dried chilies are a medium spice – they usually come in a bag and can be found in the ethnic section of your grocery store – you can substitute ancho chilies if you can't find them

To really bring out the flavor of the chili you can toast them slightly before grinding them up, but you don't have to!

5 dried New Mexico chilies (or anchos)

Cooking spray

1 ½ cup chopped onion

2 garlic cloves minced

2 cups fat-free, low sodium chicken broth (I will use the chicken broth from cooking the chicken)

2 cups water

1 t oregano

¾ t sea salt (or kosher salt)

1 T masa harina (this is a type of flour used typically in Mexican dishes to thicken sauces – if you don't have any, take 1 T flour and mix with 1 T warm water in a small container with a lid, close it up and shake it until mixed together. This is called a slurry. Add to sauce)

1. Make the chicken – put 3 cups chicken broth, 1 cup onion, oregano, salt, chicken breast halves, garlic, and bay leaf in a large saucepan; bring to a boil. Once at a boil, reduce the heat and simmer the chicken until it is done (about 15 minutes)
2. While the chicken is cooking – remove the stems and seeds from chilies; cut up into large pieces and then place in a spice grinder or coffee grinder. Grind until chili is a powder - you will need ¼ cup
3. Place a medium sauce pan over medium heat. Spray with cooking spray and add onion. Cook the onion until it is translucent (about 3 minutes) make sure to stir it often

4. At this point the chicken should be done, remove it from the broth and put it in a bowl in the fridge for 15 or so minutes. Reserve 2 cups of the broth and discard the rest.
5. Add the chilies to the pan with the onions cooking and stir in well and then add chicken broth
6. Add 2 cups of water, oregano and salt – bring to a boil then reduce heat and simmer until reduced to 3 cups (about 20 minutes) – stir occasionally
7. While sauce is cooking, take chicken out of the fridge and shred it into bite size pieces – add ½ cup onion, and sour cream to the chicken and mix together well
8. once sauce is reduced down sprinkle masa harina (or slurry mixture) over the chili sauce – bring to a boil and cook until the sauce thickens - about 1 minute
9. Blend chili mixture in a food processor blender until smooth (about one minute) be careful to not splash yourself with the sauce – remove the center piece of the blender to let steam escape and place a towel to avoid splatters

This is were you stop if this isn't for dinner tonight – keep sauce and chicken mixture in separate containers until you are ready to use it

Preheat oven to 350

10. coat 2 – 11x7 baking dishes with cooking spray
11. Put a ¼ cup of sauce in the bottom of each pan
12. Take each tortilla and put 1/3 cup of chicken mixture down the center and roll up – place 8 filled tortillas, seam side down in each pan
13. Split the remaining red chili sauce in ½ a pour over each pan.
14. Sprinkle ½ of cheese over each pan
15. bake for 18 minutes – or until heated through and cheese is melted

Nutritional Information for 2 enchiladas with sauce

Calories: 279

Total Carbs: 10.79

Total Fat: 7.46 g

Fiber: 4 g

Cholesterol 91 mg

Protein: 38.6 g

Sodium: 838 mg