

My Health

Benefits

Chicken Enchiladas Verde Recipe

Ingredients:

- 1 roasted or rotisserie chicken, skin removed and meat shredded or cut into bite-size pieces (3 to 4 cups)
- 2/3 cups chopped green onions, white and part of the green
- 8 ounces reduced-fat shredded Monterey Jack cheese (or a reduced-fat blend of Jack and cheddar cheeses)
- 10 flour tortillas (use higher-fiber tortillas to increase the fiber)
- 5 tablespoons fat free half-and-half
- **Verde (green) Sauce:**
 - 2 cups coarsely chopped fresh or canned, drained tomatillos (Mexican green tomatoes)
 - 1 cup chopped fresh cilantro
 - 2- to 4-ounce can chopped green chilies (mild or hot, depending on your preference)
 - 1 cup fat-free sour cream

Preparation:

1. Preheat oven to 375 degrees. Coat a 9x13-inch baking pan with canola cooking spray.
2. Add shredded chicken, green onions, and shredded cheese to a large mixing bowl and toss well to blend.
3. One by one, heat tortillas in a nonstick frying pan until softened. Lay a heaping 1/3 cup of chicken down the middle of each tortilla. Add 1 1/2 teaspoons of fat-free half-and-half down the center of each. Roll up the tortillas and place seam-side down in the prepared pan.
4. Bake for about 25 minutes. Pan can be covered or uncovered – it works both ways.
5. To make the verde sauce, add tomatillos, cilantro, and green chilies to a food processor and pulse briefly (the texture should be somewhat chunky, not pureed). Stir in the sour cream. Serve the enchiladas with a spoonful of verde sauce over the top.

Yield:

10 enchiladas

Nutritional Information:

Per enchilada: 275 calories, 20.5 g protein, 27 g carbohydrate, 9 g fat, 3.5 g saturated fat, 41 mg cholesterol, 2 g fiber, 350 mg sodium. Calories from fat: 30%.

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