

Creamy Chicken Enchiladas

Hands-on - 30 min. Oven/Exercise - 30 min.

Serves 10

Creamy, comforting and "to die for" are the best ways to describe this.

My complete thanks to Diane Petersen for contributing this favorite recipe from her mom, Barb Filler.

Preheat oven to 325°.

Menu

Creamy Chicken Enchiladas

Cut Green Beans

Crinkle Cut Carrots

Apple Wedges

Kiwi Slices

6 (4 oz each) skinless, boneless chicken breast, cut into strips

1 can (4 oz) chopped green chilies

Coat a large nonstick skillet with cooking spray and place over medium-high heat. Brown chicken turning frequently. Add chilies during last 2 minutes.

1 cup light sour cream

1 can (10¾ oz) cream of chicken soup (Campbell's Healthy Request)

1 can (10¾ oz) evaporated skim milk

Meanwhile, in a medium saucepan, mix together and heat over medium-low heat.



1 can (2¼ oz) sliced black olives (opt)

1 cup reduced-fat shredded cheddar cheese†

Place olives and cheese in assembly line.

Spread 1/2 cup of soup mixture over bottom of 9" x 13" baking dish.

10 6" flour tortillas

Lay 5 tortillas on a clean countertop. Put 1 T soup mixture in a line down the center of each. Follow with: 2 T chicken, 1 T cheese and 1 tsp olives. Roll up and place in dish. Repeat with remaining 5 tortillas. Pour remaining soup mixture over tortilla rolls. Sprinkle with remaining cheese. Place in oven and set timer for 20 minutes.

5 cups frozen cut green beans

5 cups frozen crinkle cut carrots

Place veggies in a large microwave-safe bowl. Cover and let set in microwave.

Is the weather nice? How about a nice nature walk?

Otherwise, plug in an exercise video.



When timer sounds, microwave vegetables 10 minutes on high. (Allow enchiladas to continue baking.) Do some sit-ups, push-ups and stretches. Slice apples and kiwi.

When vegetables are done — it's dinner time!

†See reduced-fat cheese tip on page xi (introduction).

Nutrition information for 1 enchilada, 1 cup vegetables

Calories	337	Fat	7.5 g	Fiber	5 g	Sodium	573 mg	Total Carbohydrate	32 g
Calories from Fat	20%	Saturated Fat	3 g	Cholesterol	55 mg	Protein	26 g	Sugars	7 g

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