

## Chicken Enchiladas Verde

### 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

1 enchilada @ 6 points, 7 pointsplus