

The Art of Cuisine



Green Chile Chicken Enchiladas

This easy recipe taste very actinic and surprisingly it is low fat, but has bold spicy flavors that everyone will sure to love.

2 cans (13 oz. each) tomatillos (drained),
1 jalapeño peppers, stems and seeds removed
1/4 onion
1 clove garlic, peeled
1 c. chicken broth
1/2 teaspoons each dry oregano leaves
1/2 teaspoon ground cumin.
1 (4-oz.) can diced green chiles
1/8 sugar
Salt to taste
2 cups cooked, chopped chicken
3 c. Shredded Jack Cheese (reduced fat)
1/2 cup chopped onion
1/2 cup chopped fresh cilantro
10 corn tortillas

Garnish:
Shredded lettuce,
Diced tomatoes
Sour cream

Rinse tomatillos well and place in a medium pot with jalapenos, garlic, onion, chicken broth, oregano, cumin, green chiles and sugar; cook for 25 minutes over low heat. Puree ingredients in a blender or food processor until smooth; season to taste with salt and set aside. Preheat oven to 350°F and spray a 13-by-9-inch baking dish with nonstick cooking spray. Stir together chicken, 2 cups cheese, ½ cup sauce, onion, and cilantro in a medium bowl. Place tortillas on a plate and cover with a damp paper towel and plastic wrap; microwave for 45 seconds or until soft. Place about 1/4 cup chicken mixture in each tortilla; roll up and place in prepared dish. Cover with sauce and sprinkle with remaining 1 cup cheese; bake for 15 to 20 minutes. Serve with toppings as desired.

Makes 10 enchiladas.

Written by: Chef Linda Galyean

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www.TheArtofCuisine.com

Email: ArtofCuisine1@yahoo.com

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