

# Creamy Chicken Enchiladas

SERVES

MENU

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.

6

CREAMY CHICKEN ENCHILADAS  
CUT GREEN BEANS  
CRINKLE CUT CARROTS  
APPLE WEDGES  
KIWI SLICES

Preheat oven to 325°.

**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** (10<sup>3</sup>/<sub>4</sub> oz) cream of chicken soup (Campbell's® Healthy Request®)  
**1 can** (10<sup>3</sup>/<sub>4</sub> oz) skim milk

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

**1 can** (2.25 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** 8" 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.

**1 pkg** (10 oz) cut green beans  
**1 pkg** (10 oz) crinkle cut carrots

Place each in a 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.



## EXCHANGE VALUES

2 Starch    4 Meat    2 Veg.    1 Fruit    — Milk    — Fat

Nutrition information for 1-1/2 enchiladas, 1 cup vegetables

Hands-on Time — 30 min.

Oven / Exercise Time — 30 min.

|                         |     |                     |       |                   |       |               |        |                          |      |
|-------------------------|-----|---------------------|-------|-------------------|-------|---------------|--------|--------------------------|------|
| Calories .....          | 420 | Fat .....           | 12 g  | Fiber .....       | 6 g   | Sodium .....  | 800 mg | Total Carbohydrate ..... | 40 g |
| Calories from Fat ..... | 23% | Saturated Fat ..... | 4.8 g | Cholesterol ..... | 80 mg | Protein ..... | 37 g   | Sugars .....             | 3 g  |

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Oven • Exercise • Eat

Lickety-Split Meals