

Family Favorite Chicken Enchiladas

adapted from Better Homes and Garden cookbook

8 flour tortillas, regular, not burrito size* at room temperature
2 tablespoons butter or margarine
1 cup chopped onion, I like sweet onions such as Walla Walla or Vidalia
1 teaspoon coriander
2 cloves garlic, minced
ground pepper
3 tablespoons flour
8 oz sour cream regular or low or non fat**
2 cups chicken broth
1-4 oz can chopped green chilies, not drained
3 cups grated colby-jack cheese, divided
3 cups chopped chicken***
optional toppings: olives, mushrooms, tomatoes, green onion

Prepare Sauce:

Melt butter in a large saucepan over medium high heat. Place onion and melted butter in pan and cook for about 5 minutes or until onions are softened. Lower heat to medium and add coriander and minced garlic. Cook for an additional minute until fragrant. Be careful to not burn garlic. Add pepper.

Stir flour into sour cream and add to onion mixture in pan. Stir in broth and green chilies and continue to cook until thick and bubbly. Remove from heat and add 1/2 cup of grated cheese.

Filling and Assembly:

Put about 1/2 cup of sauce into a 9x13 greased pan, using a spatula spread sauce over bottom of pan.

Stir 1/2 cup of sauce into chopped chicken in bowl. Place about 1/4-1/3 cup filling onto each tortilla and spread filling to cover length of tortilla, sprinkle with a couple of tablespoons of grated cheese. Roll up tortilla and place in prepared dish, seam side down. After all tortillas are filled and rolled, top with remaining sauce. Cover pan with foil and bake in 350 degree oven for about 30 minutes.

Remove pan from oven. Remove foil and top with remaining grated cheese and any other desired toppings.

Bake for about 5-10 additional minutes, or until heated through.

Let sit for 10 minutes before serving to allow cheese and sauce to set up.

Tips:

-*Do not purchase no-fat tortillas. They will not roll well and will break apart in assembly. It is best to have tortillas at room temperature and not refrigerated for easiest assembly.

-**I have made this recipe using nonfat and low fat sour cream with great results.

-***I usually prepare the chicken the day before. I place seasoned (salt and pepper) chicken

breasts in a crock pot on low for 4 hours. Pour a bottle of green chili salsa (about 8-10 oz) over the chicken before cooking. When I make the sauce for the enchiladas above, I use the juice from the cooked chicken breasts instead of the chicken broth called for in the recipe.

-You can also cook the chicken in the oven at 350 degrees for about 45-50 minutes in a 9x13 pan or a jelly roll pan. I like to line the pan with parchment paper for easy clean up! You can cook the chicken frozen, or thawed. I generously salt and pepper the chicken and sometimes add garlic salt instead of regular salt. The chicken can be baked covered or uncovered.

-If you double this recipe, it fits well into a jelly roll pan.

-This recipe also freezes well. Make up to the point of baking and freeze, covered tightly with foil. When ready to bake, do not thaw, bake at 325 for about 1 hour 15 minutes, covered in foil. Proceed with last step of removing foil and covering in additional cheese, bake for 5-10 minutes or until hot and bubbly.