

## Chicken Enchiladas

from [Love Every Bite](#)



*Makes at least 6 servings*

1-1/4 lbs pre-cooked chicken - shredded  
Non-stick cooking oil spray  
1 medium yellow onion - chopped  
2 to 3 garlic cloves - peeled & minced  
1 can (4 oz) diced green chiles  
2 cans (28 oz each) red enchilada sauce (I used Las Palmas)  
2 cups shredded cheese (Monterey jack, cheddar, pepper jack, Asadero, or a blend - you pick)  
18 corn tortillas

1. Spray a pan with cooking oil and heat to medium. Add onion and garlic and cook, stirring often for about 10 minutes, until the onion starts to caramelize.
2. Mix shredded chicken with 1-1/2 cups enchilada sauce, one cup cheese, diced green chiles, and the cooked onions and garlic. Refrigerate while you prep the tortillas.
3. Preheat oven to 425°. Spray both sides of 6 corn tortillas at a time with cooking oil and place on a baking sheet. Bake in pre-heated oven for 4 minutes. You can then roll enchiladas using the first six while the rest bake.
4. Pour some enchilada sauce into a large glass casserole dish – just enough to cover the bottom. Fill each tortilla with about 1/4 cup of the chicken mixture. Roll up and place seam side down in the dish. Repeat with the remaining tortillas. Once you have filled up the dish completely, pour over another cup of enchilada sauce and top with the remaining cup of cheese.
5. Cover with foil and bake for 10 minutes in the pre-heated 425° oven. Remove foil and bake for another 10 minutes.

6. While the enchiladas bake, heat up any remaining enchilada sauce to serve on the side. Also serve with salsa, avocado slices, and sour cream, if you like.

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