



Spicy Chicken Enchiladas for Two



Prep
15 MIN

Total
60 MIN

Servings
2



Ingredients

- 2 boneless skinless chicken breasts, cut into bite-size pieces
- 1/2 cup chopped onion (1 medium)
- 1/4 teaspoon salt
- 1/4 teaspoon dried oregano leaves
- 1/8 teaspoon pepper
- 1/2 cup Old El Paso™ enchilada sauce (from 10-oz can)
- 1 cup shredded Cheddar cheese (4 oz)
- 1/2 cup sour cream
- 2 tablespoons Old El Paso™ chopped green chiles (from 4.5-oz can)
- 4 Old El Paso™ flour tortillas for burritos (8 inch) (from 11.5-oz package)
- 1/2 cup chopped lettuce
- 1/2 cup chopped tomato (1 small)

Steps

- 1 Heat oven to 350°F. Spray 8-inch square (2-quart) glass baking dish with cooking spray. Heat 8-inch nonstick skillet over medium-high heat. Add chicken; cook 2 to 3 minutes, stirring frequently, until lightly browned.
- 2 Stir in onion, salt, oregano and pepper. Cook 3 to 5 minutes, stirring frequently, until chicken is no longer pink in center. Cool 5 minutes.
- 3 Meanwhile, spread 1/4 cup of the enchilada sauce in baking dish.
- 4 Stir 1/2 cup of the cheese, the sour cream and chiles into chicken mixture. Spoon mixture evenly down center of each tortilla; roll up and place seam side down over sauce in dish. Spoon remaining 1/4 cup enchilada sauce over tortillas. Cover with foil.
- 5 Bake 30 to 40 minutes or until thoroughly heated. Uncover; sprinkle remaining 1/2 cup cheese over top. Bake uncovered 4 to 5 minutes longer or until cheese is melted. Sprinkle individual servings with lettuce and tomato.

Get Ingredients

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Tips

- Although enchiladas are usually made with corn tortillas, this recipe calls for flour tortillas. Not only are they softer and easier to roll, but we like their flavor!

Nutritional Information

Serving Size: 1/2 of Recipe

Calories 810	Calories from Fat 360
Total Fat	40g 62%
Saturated Fat	22g 108%
Trans Fat	2g
Cholesterol	170mg 57%
Sodium	1470mg 61%
Potassium	790mg 22%
Total Carbohydrate	61g 20%
Dietary Fiber	5g 19%
Sugars	9g
Protein	52g

% Daily Value*:

Vitamin A 40%	Vitamin C 20%
Calcium 50%	Iron 30%

Exchanges:

3 1/2 Starch; 0 Fruit; 0 Other Carbohydrate; 0 Skim Milk; 0 Low-Fat Milk; 0 Milk; 1 Vegetable; 0 Very Lean Meat; 5 1/2 Lean Meat; 0 High-Fat Meat; 4 Fat;

**Percent Daily Values are based on a 2,000 calorie diet.*