



Low Fat Chicken Enchiladas

4 boneless chicken breasts
1 PAM PAK Flat Sweet Italian Red Onion, chopped
1 PAM PAK Green Bell Pepper, chopped
½ pint Fat Free sour cream
1 cup shredded Low Fat Mozzarella or Low Fat Cheddar cheese
1 TBLSPN dried parsley
1 TBLSPN dried oregano
1 can tomato sauce, (15 ounce)
1 TSPN chili powder
½ TBLSPN garlic, minced
16 soft taco sized flour tortillas (low fat)
1 jar Salsa Mild or Medium (12 ounce)
1 additional cup shredded Low Fat Mozzarella or Low Fat Cheddar cheese
Freshly ground black pepper
Garlic salt

Directions

Preheat oven to 350 degrees F.

Cube and cook the chicken in a large sized sauce pan until the juices run clear. Drain the juice and fat from the pan. Add the onion, sour cream, 1 cup of cheese, parsley, oregano and ground black pepper to taste. Heat until cheese melts. Stir in garlic salt, tomato sauce, chili powder, green pepper and garlic.

Apply a non-stick spray coating to a large casserole dish (9x13). Spoon even amounts of mixture onto tortillas and roll into “tubes”. Arrange rolled tortillas in the baking dish. Cover with salsa and remaining cup of cheese. Bake uncovered in the preheated oven for 20 minutes or until cheese has fully melted. Cool 10 minutes before serving.

Garnish options include sliced black olives, cubed Roma tomatoes, sliced green onions, fresh cilantro, guacamole, fat-free sour cream and salsa.

Recipe made on a regular basis: Richard Cowden, Sales