



Creamy Chicken Enchiladas

INGREDIENTS:

- 6 skinless, boneless chicken breast halves, cut into strips
- 1 (4 oz.) can chopped green chilies
- 1 cup light sour cream
- 1 can cream of chicken soup (low-fat, low sodium)
- 1 (2.25 oz.) can sliced black olives, optional
- 1 cup reduced-fat shredded cheddar cheese
- 12 flour tortillas (8-inch)

DIRECTIONS:

1. Brown chicken in a nonstick skillet with nonstick cooking spray. Add green chilies and cook for 2 minutes.
2. In a medium saucepan, mix together sour cream and soup; heat over medium-low.
3. Spread ½ cup of soup mix on bottom of 9"x13" pan.
4. Lay out 5 tortillas on a clean countertop. Put 1 tablespoon sauce in a line down the center of each one. Then add: 2 tablespoons chicken, 1 tablespoon cheese and 1 teaspoon olives.
5. Roll up and place in the pan. Repeat with the last 5 tortillas.
6. Pour the extra sauce over the tortilla rolls; sprinkle with cheese.
7. Place in 375-degree preheated oven. Cover with foil and bake 15 minutes. Remove foil and bake additional 15 minutes.

Source: Adapted from Lickety Split Meals for Health Conscience People on the Go!| Yield:12 servings. 350 Calories per serving. Total fat 10g; Protein 37g; Total carbohydrate 29g; Dietary fiber 2g