



# Chicken Enchiladas

Makes 16 servings | Protein • Vegetables • Dairy • Grain

## Ingredients

- 1 pound boneless chicken or 16 ounces canned
- 1 bunch green onions, sliced
- 2-3 media carrots, finely chopped or shredded
- ½ cup cilantro, chopped
- 1 medium jalapeño, chopped
- 2 cups cooked black beans
- 2 cups cooked red kidney beans
- 4 cups green chili
- 8 ounces fat-free sour cream
- 3 cups shredded low-fat mozzarella cheese
- 16 large tortillas
- Black olives
- Salsa
- Nonstick spray

## Directions

1. Wash hands with warm, soapy water.
2. Preheat oven to 350°F. Spray two 9x13-inch baking dishes with nonstick spray.
3. Boil chicken, if raw. Cool, then cut, dice, or shred for about 3 cups of meat.
4. Combine vegetables in a large bowl with chicken, beans, 1⅓ cups green chili, sour cream, and 1½ cups cheese.
5. Fill tortillas with mixture, roll, and place in baking dishes.

Continued on the back



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6. Cover enchiladas with remaining green chili and top with cheese.
7. Bake at 350°F until heated through and cheese is beginning to brown, about 15-20 minutes.
8. Serve topped with black olives and salsa.



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