



Featured Recipe

Olson Women's Health Resource Center
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Easy Cheesy Chicken Enchiladas with Yogurt Sauce

Who doesn't enjoy a good enchilada and this recipe is super easy to make. It will only take you 25 minutes! Wanting to cut back the calories use light cream cheese and low-fat shredded cheese. Whole grain tortillas can also be used if wanting to increase your fiber intake. You're going to love these Easy Cheesy Chicken Enchiladas! Enjoy!

Jaime Stevens, Registered Dietitian, Licensed Medical Nutrition Therapist for the Olson Center

INGREDIENTS

- 2 tbsp. all-purpose flour
- ½ tsp. butter
- 2 cups chicken broth
- 1 (3-ounce) package cream cheese
- 3 cups boneless chicken breast, chopped and cooked
- ¾ tsp. cumin, divided
- 2 garlic cloves
- 2 green chile, 4.5 oz. cans, chopped
- 1 jalapeño pepper, seeded and diced
- 1 ¼ cups Mexican blend cheese, shredded
- 1 white onion, diced
- 1 tsp. salt, divided
- 8 soft tortillas, 6-inch
- 1 tsp. canola oil
- ¼ cup low-fat plain yogurt

INSTRUCTIONS

1. Preheat oven to 350° F. Heat oil in a large skillet over medium heat. Add half of the diced onion, jalapeno and garlic, cooking until soft, 2-3 minutes. Lower heat and stir in cream cheese and half of the chicken. Stir continuously until cream cheese is soft. Mix in ½ teaspoon salt, ¼ teaspoon cumin and remaining chicken. Remove from heat and stir in ¼ cup of cheese.
2. Melt butter in a medium pot over medium heat. Add the other half of the diced onion and cook until softened and translucent, 2-3 minutes. Add flour. Cook stirring constantly for 1 minute. Slowly whisk in chicken broth. Cook until sauce is thickened, 4-5 minutes. Stir in ½ teaspoon cumin, 1/3 teaspoon salt and green chiles. Remove from heat and stir in yogurt.
3. Coat bottom of a 12x8 -inch baking dish with a layer of the green chili sauce. Spoon about ¼ cup of the chicken mixture into each tortilla; roll up and place seam side down in baking dish. Continue filling the remaining tortillas. Top with remaining enchilada sauce and cheese.
4. Cover baking dish with aluminum foil and cook for 5 more minutes uncovered. Turn broiler on high and bake for 2-3 minutes until top is brown and bubbly.
5. **Note:** Garnish with cilantro, sliced avocado and jalapenos, as well as crumbles of cotija cheese, if desired.

Cook Time: 15 minutes

Prep Time: 10 minutes

Total Time: 25 minutes

NUTRITION

Calories: 268 kcal

Servings: 8

Fat: 9.9g

Protein: 14g

Dietary Fiber: 2.2g

Calcium: 129mg

Olson Wellness Exchange

Olson Wellness Exchange is a free program in the Omaha area designed to help women incorporate health and wellness into their lives. Join the Olson Wellness Exchange to receive up-to-date information on women's health issues and to learn about companies in Omaha that are working to improve wellness in women. Some benefits of your FREE O.W.E. membership are discounts to Olson Center for Women's Health events, monthly e-mails or mailings with current offerings and promotions from O.W.E. partners, quarterly women's health newsletter on a variety of women's issues, and bi-monthly educational flier on a specific women's health issue. To register, call (402) 559-6345, or visit us at the Olson Center for Women's Health on the 4th Floor of the Durham Outpatient Center on UNMC's main campus, or register online at www.olsoncenter.com

