

Mexican

Chicken and Cheese Enchiladas

Servings: 6

Preparation Time: 10 minutes

Start to Finish Time: 50 minutes

Bake Time: 40 minutes

1 can (10 3/4 oz) Condensed Cream of Chicken Soup

1/2 cup Sour Cream

1 cup Picante Sauce

2 teaspoons Chili Powder

2 cups Cooked chicken, Chopped

1/2 cup Monterrey Jack cheese, Shredded

6 Six-inch Flour Tortillas, Warmed

1 small Tomato, Chopped

1 Green Onion, Sliced

Preheat oven to 350 degrees.

In a medium bowl, mix soup, sour cream, picante sauce and chili powder. Stir thoroughly.

In a large bowl, mix one cup of picante sauce mixture, chicken and cheese.

Divide chicken mixture evenly among tortillas. Roll up tortillas and place seamside up in a 2-quart shallow baking dish. Pour remaining picante sauce mixture over filled tortillas. Cover the baking dish.

Bake at 350 degrees for forty minutes or until enchiladas are hot and bubbling.

Top with tomato and onion and serve,

Per Serving (excluding unknown items): 181 Calories; 9g Fat (44.4% calories from fat); 17g Protein; 8g Carbohydrate; 1g Dietary Fiber; 52mg Cholesterol; 702mg Sodium. Exchanges: 0 Grain(Starch); 2 Lean Meat; 1/2 Vegetable; 0 Non-Fat Milk; 1 1/2 Fat.