

Senior Festive Foods for Health

Chicken Enchiladas

You'll Need:

Sauce:

- 1 ½ tablespoons vegetable oil
- 1 tablespoon flour
- 1 ½ tablespoons chili powder
- 1 ½ cups water
- 1 cup tomato paste
- ¾ teaspoon oregano
- ¾ teaspoon ground cumin

Enchiladas:

- 2 tablespoons vegetable oil
- 8 ounces skinless, boneless chicken breast
- 1 teaspoon ground cumin
- 1 teaspoon garlic powder
- ½ teaspoon chili powder
- ½ teaspoon cayenne pepper
- 1 small red onion, chopped
- 1 clove garlic, minced
- ½ cup frozen corn
- 1 can green chilies, chopped
- 16 ounces canned stewed tomatoes (preferably Mexican style)
- ½ teaspoon all purpose flour
- 8 corn tortillas
- ½ cup shredded reduced fat cheddar cheese
- 3 chopped scallions
- ½ cup fat free sour cream

Take out:

- Measuring spoons
- Dry measuring cups
- Liquid measuring cup
- 2 Non-stick skillet
- Small sauce pan
- Wooden spoon
- Spatula
- Meat thermometer
- Cutting board
- Knife
- 13x9 baking dish
- Shallow bowl
- Tongs

Wash your hands for at least 20 seconds with soap under warm running water. Clean and sanitize the utensils and any other surface that may have come in contact with the raw chicken.

To make the sauce:

1. In a small saucepan heat the 1½ tablespoon of oil.
2. Stir in the 1 tablespoon of flour. Cook for about a minute.
3. Add the 1 ½ tablespoons of chili powder and cook for 30 seconds.
4. Add the water, tomato paste, oregano and cumin. Mix well.

5. Bring to a boil and reduce heat to low. Simmer for 15 minutes stirring occasionally. Sauce should become smooth and thickened.

To make the enchiladas:

6. Preheat oven to 350 degrees F.
7. While the sauce is simmering, heat a non-stick skillet and add the 2 tablespoons of vegetable oil. Add the chicken and brown over medium heat for about 7 minutes on each side until the internal temperature of the chicken reads 170 degrees F. on a food thermometer.
8. Sprinkle chicken with the cumin, garlic powder, chili powder and cayenne. Remove chicken to platter to cool.
9. Sauté the red onion and garlic in the chicken drippings in the skillet until tender. Add the corn and stir well. Pour in the tomatoes and green chilies. Cook about 1 minute or until heated through.
10. Shred the chicken with two forks on a cutting board. Add to the vegetables in the pan. Sprinkle with the flour to thicken.
11. Heat tortillas one at a time in a second skillet for about 3 minutes to make them soft and pliable. Turn each at least once. Pour the enchilada sauce in a shallow bowl. With a set of tongs, dip each tortilla in the sauce to lightly coat.
12. Spoon ¼ cup of the chicken mixture into each tortilla. Fold the two sides of the tortilla over the filling. Place each enchilada in the pan seam-side down. After all are assembled, top with remaining sauce and the cheese.
13. Bake for 15 minutes in the oven until cheese melts. Garnish with chopped scallions and dollops of fat free sour cream before serving.

4 servings (2 enchiladas each)

Nutrition analysis:

Calories: 577

Fat: 22 grams

Sodium: 1555 milligrams

Carbohydrate: 67 grams

Saturated fat: 4 grams

Dietary Fiber: 10 grams

Protein: 32 gram

Cholesterol: 62 milligrams