



# Cent\$ible Nutrition Program

Helping Families Eat better for Less

## Chicken Enchiladas\*

- 1 pound cooked, diced, or shredded chicken
- 1 tablespoon canola oil
- 1 onion, chopped
- 1 4- ounces can green chilies, chopped
- 4 cups medium white sauce made with broth
- 1 teaspoon garlic powder
- 1 package whole wheat flour tortillas
- ¾ cup cheddar cheese, grated
- ¾ cup mozzarella cheese, grated

1. Boil chicken in saucepan with enough water to cover meat. Cover, reduce heat and cook 1½ to 2 hours. Remove meat from bones. Reserve broth and use it to make medium white sauce. (2 cups Magic Mix & 4 cups broth)
2. In skillet or saucepan, sauté onion and green chilies in oil; add white sauce and simmer 15 minutes.
3. Cut tortillas in quarters. Line bottom of casserole dish with tortillas, add a layer of chicken, a layer of sauce, and top with cheese; repeat.
4. Bake at 350° F for 20 minutes.
5. Additional tortillas may be heated and served with casserole. If crisp tortillas are preferred, allow sauce to chill before using. Serves 8.

### Nutrition Facts

Serving Size: 1 enchilada (284g)

Servings: 8

Amount Per Serving

Calories 340      Calories from Fat 110

% Daily Value\*

**Total Fat** 12g      **18%**

Saturated Fat 4.5g      **22%**

Trans Fat 0g

**Cholesterol** 70mg      **23%**

**Sodium** 610mg      **25%**

**Total Carbohydrate** 26g      **9%**

Dietary Fiber 9g      **38%**

Sugars 9g

**Protein** 31g

Vitamin A 6%      ■      Vitamin C 20%

Calcium 35%      ■      Iron 6%

\*Percent Daily Values are based on a 2,000 calorie diet.

\*Recipe can be found in the Cent\$ible Nutrition Cookbook available for purchase. Log on to [www.uwyo.edu/centsible](http://www.uwyo.edu/centsible) for more information.



TV Show

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USDA and the University of Wyoming are equal opportunity providers and employers. This material was funded by USDA's SNAP-Ed.