

# A TASTE OF MEXICO



## CHICKEN ENCHILADA CASSEROLE

Serves 8

Preparation and cooking time: 45 minutes

Use leftover cooked chicken, low fat dairy products and bottled chile sauce to make this quick and tasty enchilada casserole.

- 2 cups bottled green chile sauce
- 1/2 cup reduced fat sour cream
- 1 cup canned evaporated skim milk, undiluted

Non-stick cooking spray

- 16 corn tortillas
- 1-1/2 cups shredded chicken breast
- 1 cup corn kernels
- 1/2 cup finely chopped onion
- 3/4 cup crumbled part skim mozzarella, or shredded mozzarella cheese

Chopped cilantro to garnish.

Preheat oven to 350°. In a blender, combine chile sauce, sour cream and evaporated milk; mix until smooth.

To prepare tortillas, quickly spray tortilla with non-stick cooking spray, place on a hot griddle & cook, turning once until heated. Repeat process with remaining tortillas. Stack and keep warm.

Pour 1-1/2 cups of the sauce into a rectangular baking dish; spread evenly. Place 1 warm tortilla in dish. Fill tortilla with 1 heaping tablespoon each of chicken, corn and chile cream sauce; fold tortilla in half covering filling. Repeat process with remaining tortillas overlapping each filled tortilla into a single layer.

Pour remaining sauce over tortillas; sprinkle with onion and cheese. Bake covered at 350° until heated through, about 20 minutes.

### ENJOY LEAN MEXICAN CUISINE

Buy reduced fat cheese and sour cream. Use them in tacos, enchiladas, or other Mexican dishes.

Use chile peppers to add spice to your food. They'll add flavor without fat.

### Nutritional Analysis per serving

Calories	329
Cholesterol	55mg
Fat	9.5g
Sodium	625mg

Recipe  
Courtesy of:



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