

YIELD: 4 SERVINGS

White Chicken Enchilada Recipe

These green chicken enchiladas make for a great family meal.

PREP TIME

20 minutes

COOK TIME

20 minutes

TOTAL TIME

40 minutes

Ingredients

- 2 boneless, skinless chicken breasts (or 1 can of pinto beans for vegetarians!)
- 2 4-ounce cans of fire-roasted green chiles
- 8 ounces Monterey Jack cheese, shredded
- 4 flour tortillas
- 1 10-ounce jar Salsa Verde
- 1 cup sour cream
- pico de gallo, for serving

Instructions

1. Preheat the oven to 350, and gather all ingredients except for the pico.
2. Cook the chicken breasts: place them in a shallow pan and cover them almost all the way with water. Add a big pinch of salt and pepper. Bring it to a simmer, turn off the heat and let sit for 10 minutes. Check to ensure the internal temperature registers 165-degrees F. Remove from the water and let rest until cool enough to handle.
3. Shred the chicken into a bowl. Stir in the green chiles and half of the shredded cheese. Divide the chicken mixture into 4 equal portions.
4. Place one tortilla on a work surface, and pile in 1/4 of the chicken mixture. Roll up and place in a 8x8 baking pan. Repeat with remaining ingredients.
5. Once all the enchiladas are in the pan, stir the salsa verde and sour cream together and pour on top. Top with the remaining cheese.
6. Bake for 20 minutes, or until hot and bubbly. Top with pico de gallo and serve.

Notes

Chicken Breasts: We need 2 boneless, skinless chicken breasts to make the filling for these white chicken enchiladas. You can also skip a step and use 3 cups of already cooked and shredded chicken. As mentioned, you could substitute a 15-ounce can of white beans or



pinto beans for a vegetarian version of this dish.

Canned Roasted Green Chiles: You need 2 of those small cans of fire-roasted green chiles. Grab the mild ones if you're cooking for people who don't like spice, or grab the hot ones for people who love heat.

Monterey Jack Cheese: Eight ounces of shredded Monterey Jack cheese, but you can use Pepper Jack for extra spice, if you like.

Flour Tortillas: Regular 10-inch flour tortillas. You need 4 because this is a small batch recipe, but scale up accordingly.

Salsa Verde: Jarred green salsa (or salsa verde) is made with tomatillos, and has a bright, verdant fresh flavor. I like the Herdez brand of salsa verde.

Sour Cream: Full-fat regular sour cream. Do not use fat-free plain yogurt or low-fat sour cream--it can curdle in the oven.

Pico de Gallo: This is just optional, for serving. It makes the enchiladas look so pretty, though!



Nutrition Information: YIELD: 4 SERVING SIZE: 1

Amount Per Serving: CALORIES: 630 TOTAL FAT: 35g SATURATED FAT: 18g
TRANS FAT: 0g UNSATURATED FAT: 12g CHOLESTEROL: 135mg SODIUM: 1260mg
CARBOHYDRATES: 39g FIBER: 4g SUGAR: 7g PROTEIN: 40g



Did you make this recipe?

Please leave a comment on the blog or share a photo on [Instagram](#)

© www.DessertForTwo.com

CUISINE: Mexican / **CATEGORY:** Dinner Recipes for two

<https://www.dessertfortwo.com/green-chile-chicken-stew/>

