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# Cottage Cheese Chicken Enchiladas

★★★★☆ 4.6 (1,600) | 1,207 REVIEWS | 88 PHOTOS

Ever tried chicken enchiladas made with cottage cheese? Now's your chance! This takes some prep time, but it is well worth it. You can make it 1 day ahead, and serve the next day.

Submitted by **annabell** | Updated on July 14, 2022

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- 1 (7 ounce) can chopped green chile peppers
- 1 (1 ounce) package taco seasoning mix
- ½ cup sour cream
- 2 cups cottage cheese
- 1 teaspoon salt
- 1 pinch ground black pepper
- 12 (6 inch) corn tortillas
- 2 cups shredded Monterey Jack cheese
- 1 (10 ounce) can red enchilada sauce

## Directions

### Step 1

To Make Meat Mixture: Heat oil in medium skillet over medium high heat. Add chicken, onion and green chile peppers and saute until browned, then add taco seasoning and prepare meat mixture according to package directions.

### Step 2

[SKIP TO CONTENT](#)

### Step 4

To Assemble Enchiladas: Heat tortillas until soft. In each tortilla place a spoonful of meat mixture, a spoonful of cheese mixture and a bit of shredded cheese. Roll tortillas and place in a lightly greased 9x13 inch baking dish. Top with any remaining meat and cheese mixture, enchilada sauce and remaining shredded cheese.

### Step 5

Bake at 350 degrees F (175 degrees C) for 30 minutes or until cheese is melted and bubbly.

I MADE IT

PRINT 

## Nutrition Facts (per serving)

**549**

Calories

**31g**

Fat

**34g**

Carbs

**33g**

Protein

[Show Full Nutrition Label](#)

## Reviews (1,207)

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### Your Review

What did you think about this recipe? Did you make any changes or notes?

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★★★★☆ 4.6 out of 5

1600 Ratings

<u>5 star</u> ★	1133
<u>4 star</u> ★	336
<u>3 star</u> ★	87
<u>2 star</u> ★	33
<u>1 star</u> ★	11

### Most helpful positive review



saladsunshine




08/02/2006

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1207 Reviews

 Sort  Filter**SMURPHETTE75**

06/01/2024

 A keeper!

Delicious. Pretty much followed to a tee, except pan-fried chicken, then used food processor to shred. In the end, I went with Colby Jack vs Monterrey. Made homemade enchilada sauce and Mexican rice to go along with dish and family loved. Thanks for sharing!

 [Helpful \(0\)](#)**mo3-mdd**

04/14/2024

 A keeper!  Easy to follow

Easy recipe and tastes great. I've made it multiple times.

 [Helpful \(0\)](#)**Allrecipes Member**

04/06/2024

[SKIP TO CONTENT](#)

**Gayle McCamley**

03/25/2024

I loved it. Made a nice dinner and lunches the next day. I made it a TexMex lasagna by layering the tortillas with the cottage cheese mixture and taco seasoning and hatch chilies, then shredded rottiserie chicken, then shredded pepper Jack and cheddar cheeses. Top with my salsa roja. Served with sour cream, pickled jalapeños, olives, chopped raw white onion and pico. Just Fabulous. Thank you

Helpful (0)**njj**

05/18/2023

Comfort food that's quick and easy to make. I did use flour tortillas.

Helpful (0)**Land of Yip**

02/19/2022

These were delicious. Will definitely make these again.

Helpful (1)[SKIP TO CONTENT](#)

**kreisinger**

03/28/2021

I made it just as written. It's really not much work at all. Delicious with a low to medium spicy heat.

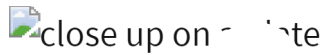
[Helpful \(1\)](#)**Dena**

02/03/2021

It was just a little too bland for us. I made some changes that others had suggested. I added jalapeno, cilantro, cumin, oregano and garlic. It was only ok, but we had leftovers, so when I made those I topped it like it was a taco, with lettuce, tomato, fresh cut peppers, extra cheese sour cream and hot sauce. Much better second time around. I will probably not make this recipe again, but glad so many other folks enjoyed it.

[Helpful \(1\)](#)[LOAD MORE REVIEWS](#)





of two sour cream  
chicken enchiladas

CHICKEN

**Enchanted Sour Cream Chicken Enchiladas**

★★★★☆ 233 Ratings



Chicken Enchiladas  
topped with green  
onions, salsa and

CHICKEN

**Chicken Enchiladas with Cream of Chicken Soup**

★★★★☆ 1,491 Ratings



at a plate of chicken  
enchiladas, topped  
with sour cream and

CHICKEN

**Chicken Enchiladas with Flour Tortillas**

★★★★☆ 4,653 Ratings

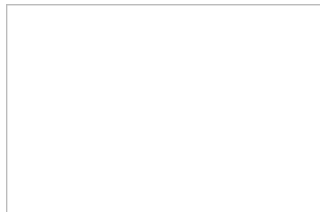


casserole dish of  
chicken enchiladas,  
garnished with green

CHICKEN

**Chicken Enchiladas with Creamy Green Chile Sauce**

★★★★☆ 403 Ratings



CHICKEN

**Enchiladas Suizas**

★★★★☆ 760 Ratings

[SKIP TO CONTENT](#)



**Creamy Chicken Enchiladas Verde**

★★★★☆ 150 Ratings



close up view

Homemade C...  
Enchiladas with  
tomatoes, black

CHICKEN

**Homemade Chicken Enchiladas**

★★★★☆ 122 Ratings



close up on

serving of enc... as  
on a plate with  
remaining in a

CHICKEN

**Angela's Awesome Enchiladas**

★★★★☆ 3,183 Ratings



close up view

Spinach and C...  
Enchiladas  
garnished with sour

CHICKEN

**Spinach and Chicken Enchiladas**

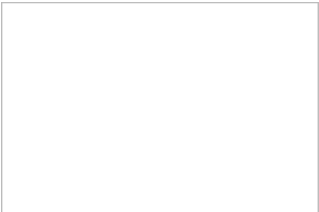
★★★★☆ 74 Ratings

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**Grandma Kay's Chicken Enchiladas**

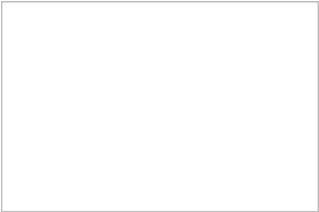
★★★★☆ 35 Ratings



CHICKEN

**Fiesta Chicken and Black Bean Enchiladas from Mission**

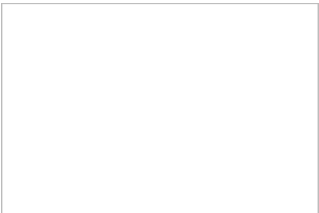
★★★★☆ 36 Ratings



CHICKEN

**Linda's Enchiladas (Revised)**

★★★★★ 5 Ratings



CHICKEN

**Gerry's Chicken Enchiladas**

★★★★☆ 618 Ratings

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