

Enchiladas in sour cream cheesy white sauce

Ingredients

- 226.80 g chicken breasts, diced
- ½ medium onion, chopped
- 10 ml vegetable oil
- 4 flour tortillas, softened
- 150 ml grated Monterey jack cheese or Mexican blend cheese, divided
- 30 ml butter
- 30 ml flour
- 125 ml chicken broth
- 125 ml sour cream
- ½ can chopped green chilies

1. In frypan, cook chicken and onion together in oil over medium-high heat until chicken is just done.
2. Divide cooked chicken evenly between the tortillas; add about 30 ml cheese to each tortilla.
3. Roll enchiladas and place seam-side down in baking dish that has been lightly sprayed with no-stick cooking spray.
4. Melt butter in a medium saucepan; stir in flour to make a roux; stir and cook until bubbly, NOT brown; gradually whisk in chicken broth then bring to boiling, stirring frequently.
5. Remove from heat; stir in sour cream and green chilies; pour sauce evenly over enchiladas.
6. Top with remaining cheese (baking dish may be double-wrapped and frozen at this point) and bake at 400° for 20 minutes until cheese is melted and sauce near edges of baking dish is bubbly.