

Light Chicken Enchilada Bake

Mexican

A lighter version of a classic chicken enchilada bake using Greek yogurt, reduced cheese, and lighter tortillas while keeping the creamy enchilada flavor.

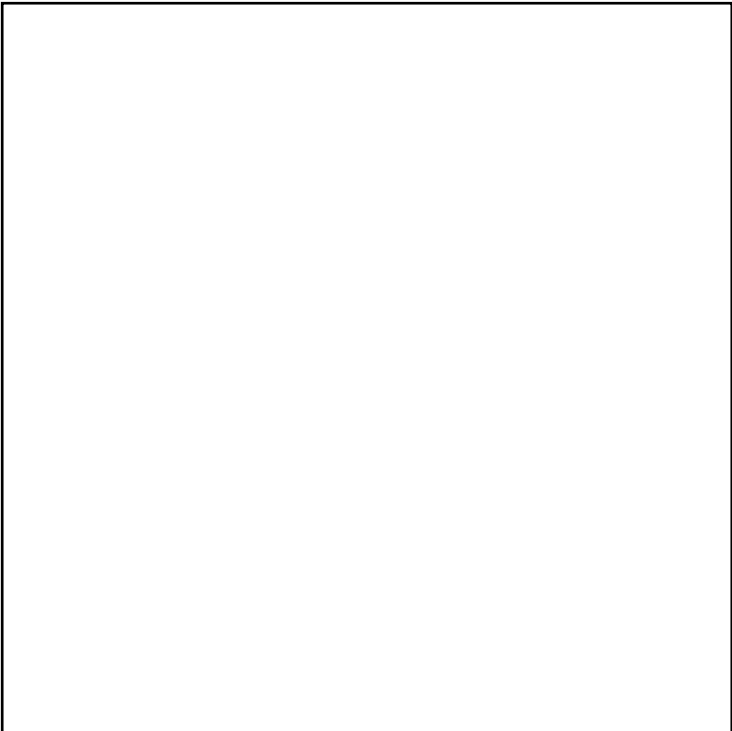
Ingredients:

Enchilada Filling:

- * 1 teaspoon olive oil (used instead of b...)
- * 1/2 cup onion (chopped)
- * 1 clove garlic (minced)
- * 1/2 cup sliced black olives (divided)
- * 1 can diced green chiles (4 oz, drained)
- * 1/2 cup plain Greek yogurt (used instead of s...)
- * 1 can light condensed cream of chicken soup (10 3/4 oz)
- * 1 tablespoon lime juice (adds brightness)
- * 2 tablespoons chopped cilantro (fresh)
- * 1 1/2 cups cooked chicken breast (cubed or shredded)
- * 1/2 cup shredded cheddar cheese (reduced amount)

Assembly:

- * 8 whole flour tortillas (8 inch or lower c...)
- * 1/4 cup milk



Instructions:

1. Preheat oven to 350°F.
2. Heat olive oil in a saucepan over medium heat. Cook onion and garlic until softened.
3. Stir in half of the olives, green chiles, Greek yogurt, and cream of chicken soup. Mix well.
4. Reserve 3/4 cup of the soup mixture. Stir chicken, lime juice, cilantro, and half of the cheese into the remaining mixture.
5. Warm tortillas slightly. Fill each tortilla with chicken mixture and roll.
6. Place seam side down in a baking dish.
7. Mix reserved soup mixture with milk and spoon over enchiladas.
8. Bake uncovered for 30–35 minutes until bubbly.
9. Sprinkle remaining cheese and olives on top and serve.

Notes:

Lime juice and cilantro brighten the dish and help replace some of the richness lost when reducing fat.