

Green Chile Enchiladas

Being a native of New Mexico, here is a nod to my home state. During the fall in New Mexico the smell of roasted fresh chile is fragrant in the air. New Mexicans like to eat green chile on everything. We are very proud of our chile.

- 3 cups cooked shredded chicken
- 2 cups Green Chile Sauce (recipe below)
- 1 dozen 6-inch corn tortillas
- 2 cups reduced fat Colby jack cheese, shredded

Directions:

Preheat oven to 350°F. Spray 13x9x2 casserole dish with non stick cooking spray

Combine cooked chicken and chile sauce and simmer over low heat until warm.

Steam corn tortillas to soften.

Place tortilla on dinner plate and spoon chicken and chile sauce into tortillas. Add small amount of cheese and roll. Place in casserole dish. Repeat until all tortillas are used.

Cover rolled tortillas with remaining sauce and cheese.

Bake in over for 30 minutes or until cheese is melted.

New Mexico Green Sauce

- 1 tablespoon butter
- 1 Tbsp of onion powder (or 2/3 cup saute onion finely chopped)
- 2 tablespoons flour
- 1-1/2 cups chicken or vegetable broth
- 1 cup (or more) chopped roasted green chiles (roasting is important to remove the thick skin covering the chile. Roast on grill or in oven until black and then slip off skin)
- 1 large clove garlic, finely minced
- Dash of ground cumin

Melt butter in saucepan over medium heat. Combine remaining ingredients and simmer.

Nutrition Facts	
Serving Size 1 rolled enchilada	
Servings Per Container 12	
Amount Per Serving	
Calories 135	Calories from Fat 36
% Daily Values*	
Total Fat 4g	6%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 430mg	18%
Total Carbohydrate 7g	2%
Dietary Fiber 0g	0%
Sugars 1g	
Protein 17g	34%
*Percent Daily Values are based on a 2,000 calorie diet.	

Encourage your family to make mealtimes meaningful by having conversation. Not sure what to talk about? Here is an idea!

Did you grow up somewhere different than where you live now. Talk about the place you grew up at and the things that are different about that place.

Do you still live in your hometown, talk about how things have changed

