

Chicken

Chicken Cheese Enchiladas

Pillsbury Best One Dish Meals - February - 2011

Servings: 6

Preparation Time: 15 minutes

Start to Finish Time: 40 minutes

1 package (1 oz) taco seasoning mix

1 tablespoon olive oil

1/2 cup water

1 pound boneless/ skinless chicken breasts, cut into bite-size pieces

1 jar (16 oz) thick n chunky salsa

3 cups (12 oz) Monterey Jack cheese, shredded

1/3 cup fresh cilantro, chopped

1 container (15 oz) ricotta cheese

1 can (4.5 Oz) chopped green chiles

1 egg

12 6-inch soft flour tortillas

Preheat oven to 350 degrees.

In a bowl, combine the taco seasoning mix, olive oil and 1/4 cup of water. Add the chicken pieces. Toss to coat. Cover and refrigerate for at least five minutes but no longer than twelve hours.

Heat a 10-inch nonstick skillet over medium-high heat. Add the chicken with the marinade. Cook and stir for 5 to 10 minutes or until chicken is no longer pink in the center.

In an ungreased 13x9-inch glass baking dish, mix 1/2 cup of the salsa and the remaining 1/4 cup of water. Spread evenly throughout the bottom of the baking dish.

In a medium bowl, mix 2 1/2 cups of the Monterey Jack cheese, the cilantro, ricotta cheese, chiles and egg. Spoon 1/3 cup of the cheese mixture down the center of each tortilla. Top with chicken and roll up. Place seam side down over the salsa mixture in the baking dish.

Drizzle with the remaining salsa.

Sprinkle with the remaining Monterey Jack cheese.

Bake for 20 to 25 minutes or until cheese is melted.

Per Serving (excluding unknown items): 335 Calories; 26g Fat (68.9% calories from fat); 20g Protein; 6g Carbohydrate; 1g Dietary Fiber; 106mg Cholesterol; 739mg Sodium. Exchanges: 2 1/2 Lean Meat; 0 Vegetable; 3 1/2 Fat; 0 Other Carbohydrates.