

Enchiladas Verdes

Gema Mejia = Seattle, WA
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Servings: 6

2 1/4 pounds small
tomatillos, husks removed
1 serrano pepper
1 clove garlic
3/4 cup water
1 teaspoon chicken bouillon
granules
1 cup vegetable oil (for
frying)
12 (six inch) corn tortillas
3 cups shredded cooked
chicken
1 1/2 cups shredded
iceberg lettuce
1/2 cup fresh cilantro leaves
1/2 cup crema fresca
(Mexican crema)
1/2 cup crumbled cotija
cheese

Preparation Time: 20 minutes

Cover a large griddle with foil and preheat over medium-high heat. Arrange the tomatillos, serrano, and garlic on the griddle. Cook until toasted and blackened, turning occasionally, about 5 minutes for garlic, 10 minutes for serranos and 15 to 20 minutes for tomatillos. Transfer to a bowl and let cool for about 20 minutes.

Add the toasted tomatillos, serrano, garlic and the water to a blender and blend until smooth. Transfer the mixture to a saucepan. Bring to a boil over medium heat. Stir in the bouillon until dissolved. Reduce the heat to medium-low. Simmer until slightly thickened, about 10 minutes.

Heat oil in a small, deep skillet to 350 degrees. (If the oil is too hot, the tortillas won't absorb enough oil.) Using kitchen tongs, fry the tortillas individually, turning once, just until softened and no more than 5 seconds per side. Drain on paper towels and keep warm.

Transfer one cup of the tomatillo mixture to a shallow bowl. Stir the cooked chicken into the pan with the remaining sauce. Cook, stirring, until heated through, 3 to 4 minutes.

Dip a tortilla into the reserved sauce, then fill with about 1/4 cup of the shredded chicken mixture. Roll up the tortilla. Transfer, seam side down, to a serving platter. Repeat with the remaining tortillas. Drizzle with the remaining sauce. Top with lettuce, cilantro, crema and cotija cheese.

Per Serving (excluding unknown items): 113 Calories; 1g Fat (calories from fat); 3g Protein; Carbohydrate; 3g Dietary Fiber; trace Cholesterol; 143mg Sodium Exchanges: 1 1/2 Grain(Starch); Lean Meat; 0 Vegetable; 0 Fat