

Healthier Chicken Enchilada

You will need:

4 whole chicken breasts cooked

12 Corn tortillas

1 Can of low fat/low sodium cream of chicken soup

1 Can of low fat/low sodium mushroom soup

1 Cup of skim milk

1 onion grated

1 ½ cans green chilies- chopped

1 lb. of low fat or fat free grated cheddar cheese

Cut chicken into pieces and tortillas into strips

Mix soup, milk, onion, and green chilies to make the sauce

Layer sauce, tortillas, chicken, cheeses 2x

Let stand overnight in refrigerator

Bake at 300 degrees for 1 ½ hours