



From the Pantry

Cottage Cheese Chicken Enchiladas

Imagine the aroma of sizzling peppers and onions, the Mexican spices that flavor your favorite meat, or fresh cilantro and lime that pairs perfectly with a smooth or chunky guacamole. Don't let the name of this lighter take on an enchilada fool you. For many years it has been a popular family dish for my friend Valusia. It's cheesy and flavorful with just a little kick. So, if you can't make it to your favorite Mexican restaurant, hopefully this will tide you over.

INGREDIENTS:

- 3 c. Shredded Chicken
- 1 tbsp. Olive Oil
- ½ c. Chopped Onion
- 1 (7 oz.) Can Chopped Green Chili Peppers
- 1 (1 oz.) Package Taco Seasoning Mix
- ½ c. Sour Cream
- 2 c. Cottage Cheese
- ½ tsp. Salt
- Pinch of Pepper
- 2 c. Shredded Monterey Jack and Colby Cheese Blend
- 1 (10 oz.) Can Red Enchilada Sauce
- 12 (6 inch) Corn Tortillas



DIRECTIONS:

Sauté onions and chili peppers in oil. Add chicken and prepare taco seasoning according to package directions and pour over chicken mixture. Simmer for a few minutes until water has evaporated and set aside. Mix sour cream with cottage cheese and season with salt and pepper. In each tortilla place a spoonful of meat mixture and a spoonful of cheese mixture with a bit of shredded cheese. Place each rolled tortilla in a greased 9x13 baking dish. Top with remaining meat and cheese mixture, enchilada sauce and remaining shredded cheese. Bake at 350 for 20-30 minutes until cheese is melted and bubbly.