

# Sour Cream Chicken Enchiladas

## Ingredients

- 6 oz frozen cooked diced chicken
- 1/4 cup shredded cheddar cheese, reduced fat
- 4 whole grain tortillas
- 1/4 cup cream of mushroom soup
- 1/4 cup sour cream, fat free
- 1/8 cup green chili peppers
- 1/4 cup water
- 1/2 cup shredded cheddar cheese, reduced fat

## Notes

**Number of Portions:** 4

**Serving Size:** 1 enchilada

**Nutrition Facts:** 247 calories, 9.43 g fat, 4.63 g saturated fat, 474 mg sodium, 23.65 g carbohydrate, 2.08 g fiber, 1.4 g sugar, 17.76 g protein

## Directions

1. Wrap approximately 1/3 cup of chicken and 2 tbsp of cheese in each tortilla. Place the filled tortillas side by side on a 9 x 13 inch pan.
2. Combine cream of mushroom soup, sour cream, green chilies, and water.
3. Spoon the soup mixture over the enchiladas. Spread remaining cheese evenly over all enchiladas. Cook at 350° F for 30 minutes to an internal temperature of 165° F.

