



CHICKEN ENCHILADAS

SUBMITTED BY: Tina Young - Administrative Assistant, Pharmacy

It is a very simple healthy recipe and the kids love it!!! Great way for them to eat chicken without complaining. The leftovers can be frozen and reheated in the future.

DIRECTIONS:

INGREDIENTS:

3-5 chicken breasts

1 brick of cream cheese

salsa

shredded cheese

1 pack of taco seasoning

large tortillas

sour cream

1. Place 3-5 chicken breasts in a crockpot during the day or overnight. (Save some of the water from crockpot)
2. Shred the chicken apart and place in a large frying pan or wok. Add some of the saved water from crockpot. Keep heat on stove on low-medium, just hot enough to mix all ingredients together.
3. Add 1 brick of cream cheese, amount of salsa you desire, shredded cheese and 1 pack of taco seasoning
4. Mix all together
5. Begin to scoop in large tortilla wraps and roll
6. Spray/grease pyrex dish.
7. Place chicken enchiladas in dish; add salsa and cheese on top.
8. Cover with foil and place in oven for 20-25 minutes at 350F.
9. Serve with sour cream
10. ENJOY!!!