**CHICKEN ENCHILADA BAKE**

**INGREDIENTS**

- 10 oz Chicken (cooked, diced)
- 1 cup Sweet corn (frozen)
- 1/2 tsp Red chili flakes
- 1/2 tsp Cumin seeds (ground)
- 1/8 tsp Black pepper
- 2 cup White onion (chopped)
- 4 ea Small garlic cloves (minced)
- 1 cup Reduced sodium chicken broth
- 1/2 cup Salsa verde
- 1/4 cup Water
- 1 ea Jalapeño (sliced)
- 8 ea Corn tortillas (6”)
- 4 Tbs Cilantro (fresh, minced)
- 1 1/2 oz Low-fat cream cheese
- 1 oz Low-fat cheddar cheese (shredded)

**(See back)**

**INSTRUCTIONS**

1. Heat a pan with olive oil on medium heat. Add 1/2 cup of the onions and 3 cloves of garlic. Sauté to lightly brown, stirring occasionally.
2. In a large bowl, combine sautéed onion and garlic with chicken. Set aside.
3. In a saucepan, combine remaining onion and garlic, broth, salsa, water, and jalapeño. Bring to boil.
4. Reduce heat and simmer for 15 minutes. Let stand 10 minutes.
5. Add 2 Tbs of cilantro and pour into blender or use immersion blender. Process until smooth. Set aside.
6. Cut tortillas into quarters and place on sheet pan.
7. Bake at 350°F for 5-10 minutes until crispy. Set aside.
8. Spread 1/2 of the salsa mixture into bottom of a pan, then layer on 1/2 of the baked tortillas and 1/2 of the chicken mixture.
9. Repeat layers of salsa, tortillas and chicken and distribute cream cheese and cheddar cheese evenly over the top.
10. Bake at 325°F for 30 minutes.

**NUTRITION**

- Calories: 350
- Sodium: 520 mg
- Trans Fat: 0 g
- % Calories from Saturated Fat: 4%

Number of Servings: 4 (345 g per serving)

Recipe courtesy of Waldo County General Hospital