

Cheesy Chicken Enchiladas

INGREDIENTS

For the Enchiladas:

- 8 whole grain tortillas
- ½ can refried beans
- 1 cup salsa
- 2 tablespoons taco seasoning
- 2 cups diced or shredded rotisserie chicken

For the Creamy Sauce:

- 2 tablespoons olive oil
- 2 tablespoons flour
- 1 ½ cups chicken broth
- 1 (10 oz) can Rotel, well drained
- 1 cup plain Greek yogurt
- ½ cup sour cream
- 1 ½ cups Mexican blend cheese, divided

Optional (recommended for extra flavor):

- ½ teaspoon garlic powder
- ½ teaspoon cumin

DIRECTIONS

1. Preheat oven to 400°F.
2. Lightly grease a 9x13 baking dish.
3. In a large bowl, mix together the chicken, refried beans, salsa, and taco seasoning until well combined.
4. Spoon a generous amount of filling into the center of each tortilla. Roll tightly and place seam-side down in the baking dish. Repeat with all tortillas.
5. In a saucepan over medium heat, whisk together the olive oil and flour. Cook for about 1 minute to form a roux.
6. Slowly whisk in the chicken broth and well-drained Rotel. Bring to a gentle simmer and cook until slightly thickened.
7. Stir in garlic powder and cumin, if using.
8. In a small bowl, whisk about ¼ cup of the warm sauce into the Greek yogurt and sour cream.
9. Reduce heat to low, then stir the tempered mixture back into the saucepan.
10. Do not let it boil—keep heat low for a smooth, creamy sauce.
11. Stir in 1 cup of the shredded cheese until melted and smooth.
12. Pour the sauce evenly over the enchiladas.
13. Sprinkle the remaining ½ cup cheese on top.
14. Bake for 20 minutes, or until hot and bubbly.