

Helergon Kitchen

Creamy White Chicken Enchiladas

15 min Prep time	**20 min** Cook time	**35 min** Total time
4 Servings	**Easy** Difficulty	**Mexican** Cuisine

Ingredients

Filling

- [ ] 4 cups cooked shredded chicken (roasted or boiled)
- [ ] 1 cup shredded Monterey Jack cheese
- [ ] 1 cup shredded sharp cheddar cheese

Creamy Sauce

- [ ] 1 tbsp olive oil
- [ ] 1 small onion, finely chopped
- [ ] 1 clove garlic, minced
- [ ] 1 tbsp all-purpose flour
- [ ] 1 cup low-sodium chicken broth
- [ ] 1/2 cup sour cream
- [ ] 1/2 cup mascarpone or heavy cream
- [ ] 1 cup diced roasted green chile (or 2-3 roasted green chiles, drained and chopped)
- [ ] 1 tsp ground cumin
- [ ] 1 tsp chili powder
- [ ] 1/2 tsp smoked paprika
- [ ] Salt to taste
- [ ] Freshly ground black pepper to taste

Assembly & Garnish

- [ ] 10 8-inch flour tortillas
- [ ] 2 tbsp chopped fresh cilantro (for garnish)

Instructions

1. First things first, let's get the oven warming up to 350°F (175°C). Now, about the tortillas—they can be a bit stubborn. I like to warm my flour tortillas in a dry skillet for about 20-30 seconds on each side, or if you're in a rush, just wrap them in a damp towel and pop them in the microwave for 10 seconds. It makes them so much more pliable, so they won't crack on us.

2. In your skillet, heat up 1 tbsp olive oil over medium heat. Toss in that chopped onion and let it sauté until it's soft and translucent, which usually takes about 3 minutes. Then, stir in the minced garlic—just for 30 seconds, because garlic burns so quickly, and we want it sweet, not bitter.

3. Now, sprinkle 1 tbsp flour over your onion mixture and give it a good whisk to form a light roux. Slowly pour in 1 cup low-sodium chicken broth, whisking constantly. Honestly, don't rush this part; you want to avoid lumps. Let it simmer gently for 2-3 minutes until it starts to thicken up nicely.

4. Turn the heat down to low. Stir in your sour cream, mascarpone (or heavy cream), the diced roasted green chile, ground cumin, chili powder, smoked paprika, salt, and pepper. Keep whisking frequently for 4-5 minutes until it's silky and thick. Go ahead and taste it—adjust the seasoning now if it needs a little something more.

5. In a large bowl, combine your shredded chicken with 1/2 cup Monterey Jack cheese and 1/2 cup cheddar cheese. I like to fold in a couple tablespoons of that warm sauce right into the chicken; it just coats everything beautifully and keeps the filling moist.

6. Lay a tortilla flat and spoon about 1/4 cup of the chicken mixture right down the center. Fold the sides over and roll them up tightly. Place them seam-side down in your baking dish so they don't unravel while they're baking—we've all been there, oops!

7. Pour the rest of that lovely creamy sauce over the top, making sure every enchilada is completely covered. Finish it off by sprinkling the remaining Monterey Jack and cheddar cheeses over the top.

8. Bake in the oven for 20 minutes. You're looking for the cheese to be melted, bubbly, and a light golden brown. If the top isn't browning quite right but the sauce hasn't set, just cover them loosely with foil for the last 5 minutes.

9. Take them out and let them stand for 5 minutes—patience is key here! Sprinkle over some chopped fresh cilantro and serve with lime wedges on the side for a bit of brightness.

Nutrition per serving

540 kcal	34 g	28 g	32 g
Calories	Protein	Carbs	Fat

Tips & notes

- Warming the tortillas is the secret to avoiding tears during rolling.
- Using rotisserie chicken is a wonderful way to save time and add a bit of depth.
- A tiny pinch of sugar can balance out the tanginess of the sour cream and chilies.