

Helergon Kitchen

White Chicken Enchiladas – Easy 30-Minute Meal

15 min Prep time	**25 min** Cook time	**40 min** Total time
4 Servings	**Easy** Difficulty	**Mexican-American** Cuisine

Ingredients

Main Ingredients

- [ ] 1 lb chicken breast, diced
- [ ] 8 corn tortillas
- [ ] 1 cup shredded Monterey Jack cheese
- [ ] 1 cup shredded cheddar cheese
- [ ] 1 cup low-fat sour cream

White Enchilada Sauce

- [ ] 2 cups chicken broth
- [ ] 1 cup heavy cream
- [ ] 2 tbsp flour
- [ ] 1 tsp ground cumin
- [ ] 1 tsp mild green chili powder
- [ ] 2 tbsp lime juice
- [ ] 1 tbsp honey

Optional Garnish

- [ ] Fresh cilantro leaves
- [ ] Sliced avocado
- [ ] Extra lime wedges

Instructions

1. In a large skillet, heat a drizzle of oil over medium-high heat; add the diced chicken, season with salt and pepper, and sauté until just cooked through, about 5 minutes.
2. Remove the chicken and set aside. In the same skillet, whisk flour into the broth, then stir in cream, cumin, and green chili powder; simmer until the sauce thickens, about 4 minutes.
3. Stir in lime juice, honey, and sour cream; taste and adjust seasoning. Add the cooked chicken back to the sauce, letting it mingle for a minute.
4. Warm the corn tortillas in the sauce for a few seconds, then roll each with a handful of cheese and a spoonful of sauce; place seam-side down in a greased 9×13" baking dish.
5. Pour any remaining sauce over the rolled enchiladas, sprinkle the top with the remaining cheeses, and bake at 375°F for 15-20 minutes, until bubbly and golden.
6. Garnish with cilantro, avocado, and lime wedges before serving.

Nutrition per serving

420 kcal	30 g	28 g	22 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the sauce looks too thick, add a splash more broth.
- For a lighter version, substitute half-and-half for the heavy cream.
- Leftovers reheat well in a covered skillet with a splash of broth.