

 Print

# Low FODMAP Chicken Enchiladas



Our low FODMAP chicken enchiladas are Monash University diet compliant and even safe for the Elimination phase! Look for our kiwi icon for dishes that are safe even during the most restrictive part of the diet.

**Course:** Dinner, lunch  
**Cuisine:** Mexican

**Prep Time:** 15 minutes  
**Cook Time:** 45 minutes  
**Total Time:** 1 hour

**Makes:** 6 Servings  
**Calories:** 591 kcal  
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## Ingredients:

### Red Enchilada Sauce:

- 1/4 cup (60 ml) EITHER Low FODMAP Garlic-Infused Oil or Onion-Infused Oil made with vegetable oil or purchased versions, such as FODY Garlic-Infused Olive Oil
- 1/4 cup (36 g) low FODMAP, gluten-free all-purpose flour, such as Bob Red Mill's 1 to 1 Gluten Free Baking Flour
- 1/2 to 2 teaspoons chilli powder, ground red serrano chillis
- 2 cups (480 ml) Low FODMAP Chicken Stock, either homemade or purchased
- 1, 14.5-ounce (415 g) can diced tomatoes
- 1/2 teaspoon cumin
- 1/2 teaspoon oregano
- 1/2 teaspoon salt

### Enchiladas:

- 1 1/2 pounds (680 g) boneless, skinless chicken breasts, pounded to 1/2 inch (12 mm) thick, then diced
- 1/4 teaspoon chilli powder, ground red serrano chillis or more to taste
- 1/4 teaspoon cumin or more to taste
- 1/4 teaspoon oregano or more to taste
- 1/4 teaspoon kosher salt
- Freshly ground black pepper
- 2 teaspoons EITHER Low FODMAP Garlic-Infused Oil or Onion-Infused Oil made with vegetable oil, or purchased equivalent
- 1 tablespoon minced fresh green chilles, such as serrano, or to taste
- 4 ounces (115 g) sharp or extra sharp cheddar, grated (about 1 cup)
- 4 ounces (115 g) Havarti, grated (about 1 cup)
- 10 corn tortillas
- 7 ounces (200 g) feta or cotija cheese, (about 1 1/4 cups)
- 1/4 cup (4 g) chopped cilantro
- 1/4 cup (16 g) chopped scallions, green parts only

## Preparation:

1. **For the Sauce:** Heat the oil in a medium sized pot over medium heat until hot, then whisk in flour and cook, stirring often, for a minute or two to lightly cook the roux, which is the basis for our sauce (you are just removing the raw flour taste). Whisk in chilli powder and cook for 15 to 30 seconds then slowly whisk in stock, then tomatoes, cumin, oregano and salt until combined. Bring to a simmer over medium heat and cook, stirring often, for about 10 minutes. Set aside. This makes about 3 cups of sauce; you might not use all of it for this recipe but it will keep, refrigerated, in a covered container for up to a week.
2. **For the Enchiladas:** Meanwhile, place diced chicken in a mixing bowl and add the chilli powder, cumin, oregano, salt and several grinds of black pepper and toss to coat.

3. Heat oil in a medium sized nonstick skillet over medium heat until hot, add chicken and cook, stirring often, until about halfway cooked through (just losing its pink color), about 3 to 5 minutes. Stir in green chillis (to taste) and a splash of the enchilada sauce and stir to coat. Continue cooking the chicken until cooked through, about 3 to 5 minutes more.
4. Position rack in middle of oven. Preheat oven to 350°F/180° Spread a little Enchilada Sauce in the bottom of an oven-proof glass 13 x 9-inch (33 cm x 23 cm) pan (or you can use two 9-inch/23 cm pie plates). Toss the cheddar and Havarti together in a bowl and set aside.
5. Take one corn tortilla, spread a little Enchilada sauce all over its surface using the back of a spoon and then place about 1/4 cup (55 g) of the chicken (do this by eye) in a line down the center. Sprinkle with a bit of cheese (you will use about one third of the shredded cheese for this part of the recipe for all 10 tortillas). Roll up and place tortilla seam side down in prepared pan. Repeat with remaining tortillas, chicken and up to one third of the cheese, nestling each rolled tortilla next to one another.
6. Pour Enchilada Sauce over the rolled tortillas and sprinkle with the remaining shredded cheese and feta evenly over all. Bake for about 20 to 30 minutes or until filling is hot and cheese is bubbly. Sprinkle cilantro and scallions over the top and serve immediately.

## Notes:

### Tips

- You can prepare the enchiladas ahead. After sprinkling with the cheeses they can be covered with plastic wrap and refrigerated overnight. Bring to room temperature while oven preheats. You can also heat these in the microwave, but it will depend on your familiarity with your unit. Start by trying high power for 10 minutes, check, and proceed from there.

## Nutrition Facts

Low FODMAP Chicken Enchiladas

Amount Per Serving	
<b>Calories</b> 591	Calories from Fat 297
<b>% Daily Value*</b>	
<b>Fat</b> 33g	<b>51%</b>
Saturated Fat 1g	5%
<b>Sodium</b> 533mg	<b>22%</b>
<b>Potassium</b> 81mg	<b>2%</b>
<b>Carbohydrates</b> 30g	<b>10%</b>
Fiber 4g	16%
Sugar 3g	3%
<b>Protein</b> 45g	<b>90%</b>
<b>Calcium</b> 44mg	<b>4%</b>
<b>Iron</b> 1.1mg	<b>6%</b>

\* Percent Daily Values are based on a 2000 calorie diet.