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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.

