

# Low FODMAP Chicken Enchiladas

Course: Dinner, lunch

Cuisine: Mexican

Prep Time: 15minutes

Cook Time: 45minutes

Total Time: 1hour

Makes: 6Servings

Calories: 591kcal

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## Ingredients:

- 1 ½LBS (680 g)boneless,skinless chicken breasts, pounded to 1/2 inch (12 mm) thick, then diced - **USE PULLED CHICKEN**
- ¼ teaspoon chilli powder,ground red serrano chillis or more to taste
- ¼ teaspoon cumin or more to taste
- ¼ teaspoon oregano or more to taste
- ¼ 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
- 4oz (115 g)sharp or extra sharp cheddar,grated (about 1 cup)
- 4oz (115 g)Havarti,grated (about 1 cup)
- 10 corn tortillas
- 7pz (200 g)feta or cotija cheese,(about 1 1/4 cups)
- ¼ cup (4 g)chopped cilantro
- ¼ cup (16 g)chopped scallions,green parts only

## Preparation:

1. 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.
2. 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.
3. 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.
4. 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.
5. 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.

Nutrition Facts	
Low FODMAP Chicken Enchiladas	
Amount Per Serving	
Calories 591	Calories from Fat 297
% Daily Value*	
Fat 33g	51%
Saturated Fat 1g	5%
Sodium 533mg	22%
Potassium 81mg	2%
Carbohydrates 30g	10%
Fiber 4g	16%
Sugar 3g	3%
Protein 45g	90%
Calcium 44mg	4%
Iron 1.1mg	6%
* Percent Daily Values are based on a 2000 calorie diet.	