



## Lighter Chicken Enchiladas

Recipe Source: [www.marthastewart.com](http://www.marthastewart.com)

Serves 4-6

### Ingredients:

Coarse salt and ground black pepper  
1 lb boneless skinless chicken thighs  
1 Tbsp canola oil  
1 medium yellow onion, thinly sliced  
2 garlic cloves, minced  
¼ cup all-purpose flour  
1 tsp ground cumin  
1-2 Tbsp canned chipotles (minced) in adobo  
1 (14.5 oz) can reduced sodium chicken broth  
8 (6-inch) corn tortillas  
½ grated Monterey Jack cheese

### Steps:

- In a large skillet with a tight-fitting lid, bring 1-inch water to a boil. Add chicken. Cover. Reduce heat to medium-low. Simmer 5 minutes then remove skillet from heat. Let chicken steam, covered, until opaque and cooked throughout, at least 12-14 minutes. Transfer chicken to a medium bowl, shred with two forks. Set aside.
- While chicken is cooking, make sauce. In a medium saucepan, heat oil over medium. Add onion and sauté, stirring occasionally, until softened, about 4-5 minutes. Add garlic, cook until fragrant (without burning), 1 minute, stirring constantly. Add flour, cumin, and chipotles in adobo. Cook, whisking, 1 minute.
- Whisk in broth and ½ cup water. Bring to a boil. Reduce to a simmer and cook, whisking occasionally, until sauce has thickened slightly, 5-8 minutes. Season with salt and pepper. Transfer 1 cup of sauce to chicken and stir.
- Preheat oven to 400°. Pour ¼ cup sauce into bottom of a greased 8-inch square baking dish. Set aside.
- Stack tortillas and wrap in a double layer of damp paper towels. Microwave until hot, about 1 minute. Fill each tortilla with chicken mixture, roll up tightly, and arrange, seam side down, in baking dish. Cover with remaining sauce, and top with cheese.
- Bake until hot and bubbling, 15-20 minutes. Let cool 5 minutes before serving.

*Tips from the Test Kitchen: Garnish each serving with cilantro if desired, and additional salsa. This recipe is a little different because of the addition of chipotles in adobo. It's a great change of pace from the normal enchilada flavor!*

**Nutritional Facts:** per serving Calories: 259, Carbohydrates: 22 grams, Protein: 21 grams, Total Fat: 10 grams, Saturated Fat: 3 grams, Cholesterol: 79 mg, Sodium: 183 mg, Fiber: 3 grams, Total Sugars: 1 grams.

