

Chicken Yogurt Enchilada Bake

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Serves 6

Blue – 6 points

Purple – 6 points

Green – 7 points

- 1/4 cup light butter with canola oil
- 1/4 cup flour
- 2 cups FF chicken broth
- 1 cup FF plain Greek yogurt
- 7 oz can diced green chilies
- 1 small onion (finely chopped)
- 12 Mission extra thin corn tortillas
- 8 oz Cabot 75% reduced fat cheddar, shredded
- 2 cups chicken (cooked and cut into bite sized pieces)
- 1/4 cup thinly sliced green onion

1. In a 2 quart saucepan, melt butter over medium heat. Add flour and whisk until bubbly. Whisk in broth, stir until boiling. Remove from heat; mix in yogurt and chilies.
2. Cover the bottom of a 9×13 baking dish with 1/3 of the sauce.
3. Quickly dip tortillas in water. Drain briefly and cut into 1 inch strips.
4. Scatter 1/2 of the tortillas over sauce, then cover evenly with all the chicken and onion, 2/3 of the cheese

and 1/3 of the sauce.

5. Top with remaining tortillas, sauce and cheese.
6. Cover dish and bake at 400 until hot in center, 30-35 min. Sprinkle with green onion