

# *Creamy Swiss Enchiladas*

One of the new favorites at “Our Daily Bread” is these enticing Swiss Enchiladas. Connie and Adena are constantly trying new recipes, and then of course they have to pass the taste test of the rest of us in the kitchen. This recipe, which contains swiss cheese and real cream, lives up to the reputation that the Bake Shoppe has earned for delicious homemade entrees. (We have even included a variation to make it heart-healthy, if you choose)

- 1 ½ cups onion
- 2 cups chopped roasted skinless, boneless chicken breast (about 2 breasts)
- 2 garlic cloves, minced
- 2 (4.5 ounce) can diced green chiles, undrained
- 1 (14.5 ounce) can petite diced tomatoes, undrained
- 2 cups cream
- 2 tablespoons all-purpose flour
- ¼ teaspoon salt
- 6 (-inch) fat-free flour tortillas
- 2 cups (8 ounces) shredded Swiss cheese, divided

1

Preheat oven to 350 degrees.

2

Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray. Add onion; cook 5 minutes or until tender, stirring occasionally. Stir in chicken, garlic, chilies, and tomatoes. Reduce heat, and simmer 7 minutes or until liquid evaporates. Set aside.

3

Combine cream and flour in a small saucepan over medium-high heat; cook 5 minutes or until mixture thickens, stirring constantly with a whisk. Stir in salt.

4

Warm tortillas according to package directions. Spoon about ½ cup chicken mixture and about 2 ½ tablespoons cheese down center of each tortilla; roll up. Arrange filled tortillas in the bottom of a 13x9 inch baking dish coated with cooking spray. Pour cream mixture over tortillas, and top evenly with remaining 1 cup cheese. Bake at 350 degrees for 25 minutes or until cheese is bubbly. Remove from oven.

5

Preheat broiler.

6

Broil casserole for 3 minutes or until cheese begins to brown. Yield: 6 servings

## **Heart Healthy Option:**

*An option to make this recipe more heart healthy is to substitute two percent reduced fat milk in place of the Cream  
And  
Fat free Tortillas in place of regular tortillas*