

# *Enchiladas*

*Stephanie Collins*  
*(Paleo friendly)*

2 poblano chiles or 1 small can diced green chiles	½ tsp. salt
12 Roma tomatoes or 6 regular large tomatoes	8 egg whites
1 onion, finely chopped	⅓ cup half-and-half or cream
3 garlic cloves, minced	½ cup grated Monterey Jack cheese
Oil	Optional garnishes: finely chopped scallions, cilantro, avocado, or salsa
2 lbs. chicken breasts	
1 tsp. chili powder	
1 tsp. cumin	

Cut chiles in half lengthwise and discard seeds. Place halves, skin sides up, on a foil-lined baking sheet and broil until blackened, 5 to 10 minutes. Place in a plastic bag, seal. Let stand 15 minutes. This will loosen the skin so it is easier to peel off. After peeling, discard skins and roughly chop the chiles.

Cut an "X" on the top of the tomatoes, just breaking the skin. Under a broiler, roast the whole tomatoes, blackening the skin on all sides, about 20 minutes total. Cool, then peel off the skin and put the whole tomatoes in a food processor or blender with the diced chiles and purée until smooth.

Over medium heat in a deep skillet, sauté onion and garlic in a few tablespoons of oil. Add the chicken, browning lightly each side of the breasts, about 2 to 3 minutes per side. Add the chili powder, cumin and salt; pour in the tomato mixture. Cover with a lid and bring to a simmer for about 20 minutes until chicken is cooked. Remove chicken from the pot and slice thinly. Salt lightly, if needed. Return the sliced chicken to the pan of sauce and mix well to coat.

In a bowl, whisk together egg whites and half-and-half. Heat a 10-inch skillet over medium-low heat, coat lightly with oil and add just enough egg mixture to coat the pan in a very thin layer, about ⅙ of a cup. Cook for one minute, then add a lid and cook for about

25 seconds more. Use a rubber spatula to coax the egg white crepe out of the pan. *This should make about 10 crepes.*

Lightly oil the bottom of a 9x13-inch baking dish. Set an egg white crepe on a plate and fill it with  $\frac{1}{3}$  cup chicken mixture and a light sprinkle of cheese. Roll up and place in the baking dish. Continue until all the crepes are stuffed. If there is leftover chicken mixture and cheese, place on top of enchiladas. Cover the pan lightly with foil and bake for 20 minutes. Garnish, as desired.

*Note: You can use corn tortillas in place of crepes for an easier version. The sauce is delicious and would be great for beef enchiladas as well.*

## *Chicken Enchiladas*

*Stephanie Collins*

4 chicken breasts	8 corn tortillas
4 green onions	1 cup Monterey Jack or Mexican cheese
2 Tbsp. cilantro, finely chopped	Sour cream
1 jalapeño, seeded and chopped	Tomatoes
3 (10 oz.) can green enchilada sauce	

Preheat oven to 350°. Spray 9x13-inch pan with Pam. Cook chicken and chop into cubes.

Spray skillet with Pam and sauté green onions, cilantro, and jalapeño for 2 minutes. Add chicken and 1 can enchilada sauce. Cook about 5 minutes. Heat remaining 2 cans of sauce in microwave until warm. Dip tortillas in sauce and fill with  $\frac{1}{8}$  of chicken mixture. Roll and place seam side down in dish. Pour remaining sauce over enchiladas and top with cheese. Bake for 15 to 20 minutes or until bubbly. Garnish with tomatoes and sour cream.