

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.