

RECIPES

New Mexico Style Green Chile Enchiladas

These and the New Mexico Style Red Chile Enchiladas are the ones I make when I yearn for a taste of New Mexico after a long absence!

Preparation explanation and diet suggestion

To make enchiladas, tortillas are usually first dipped in hot oil to make them pliable and to keep them from becoming soggy. The following technique using spray oil works just as well as the original and adds very few calories and fat. Also, the enchiladas can be heated in a 350 degree oven for 10 – 15 minutes, but they tend to dry out, so the recipe calls for microwaving them instead. For a delicious diet version, simply use cooked and shredded chicken breast for the filling and top the enchiladas with a small amount of the cheese.

Ingredients

8 corn tortillas

Spray oil

8 ounces mild cheddar cheese, shredded

1 recipe New Mexico-style green chile enchilada sauce (see recipe under salsas and sauces)

Directions

1. "Soften" the tortillas. Give one of the tortillas a quick burst of spray oil on both sides then lay it in a plastic tortilla warmer or on a towel. Spray the next tortilla on one side and lay it on the first one with the sprayed side up. Do the same thing with the remaining tortillas. Put the top on the tortilla warmer or fold the towel over them and microwave for 35 seconds on high.

2. Roll the enchiladas. Put about $\frac{3}{4}$ ounce of cheese in a line just off center of a tortilla and roll it into a tight cylinder around the filling. Repeat the process, making a total of 8 enchiladas. The enchiladas can be made to this point several hours before serving and refrigerated.

3. Heat the enchiladas. To serve, put two enchiladas, side by side, on each of 4 serving plates. Cover the enchiladas with equal portions of the sauce and top with the cheese. Microwave each plate, separately, for about 45 seconds on high.

Serves 4