

# Chicken Enchiladas

from Leah Smith

2 cups cooked chicken, cubed or shredded (about 2 breast halves)\*  
1 cup chopped onion (*if your children will let you*)  
1-4oz can diced green chilies  
1 cup ricotta cheese  
1 cup plain yogurt  
2 oz (1/2 c.) grated cheddar cheese  
2 oz (1/2 c.) grated mozzarella cheese, plus more for garnish if you want  
12 tortillas (I use small flour ones)  
3-10oz cans enchilada sauce (or use the recipe below)

Mix chicken, onion, green chilies, cheeses, yogurt. Set aside. Spray a 13x9 baking pan with non-stick cooking spray. Pour 1/2 can of sauce in bottom of pan.

Place about 1/3 to 1/2 cup of filling in each tortilla and roll to enclose. Place seam side down in baking dish. Top with remaining sauce. (*If you want to be super-authentic, dip each tortilla in sauce before filling and rolling. Tasty, but messy and time-consuming.*) If you're feeling fancy, sprinkle some extra grated mozzarella over the top.

Bake for 20 to 30 minutes at 350 or until the edges bubble like they mean it and the middle is hot. Serves six hungry adults, and considerably more picky children. Freezes really well (before baking), although the enchiladas lose some of their "structural integrity" in the thawing process – you'll spoon out the reheated stuff instead of serving it out roll by roll.

\*I cook the chicken in enough chicken broth to cover the chicken, 2 bruised and peeled garlic cloves, 1 bay leaf and "some" onion (I chop what I need for the recipes ahead and use the rest in the broth). Simmer for about 30 (maybe less) and then let sit off the heat for 15m. Drain and reserve the broth to use in the sauce below. Shred with fingers or 2 forks.

## Homemade Enchilada Sauce

Not too many "homemade sauces" make the cut for me, but boy-howdy is this one amazing! It's from Simply Classic and is totally worth it. Make a double batch to make it worth your time.

1/2 cup onion, chopped  
2 cloves garlic  
1 T olive oil

3-4 T chili powder  
1-2 t. cayenne pepper (optional)  
1 t. ground cumin  
1 t. oregano  
1, 14.5oz can diced tomatoes in juice, undrained  
2 cups chicken stock  
1 cup tomato sauce.

In a 10-inch skillet over medium heat, sauté onion and garlic in oil until softened, about 5 minutes. Stir in chili powder, cayenne pepper (if using), flour, cumin and oregano. Cook 1 minute, stirring constantly. Stir in tomatoes, chicken stock and tomato sauce. Increase heat to medium-high and simmer 15 minutes. Remove from heat. Puree sauce in blender or processor with metal blade and puree (remember not to fill more than ½ full and vent for steam!) – you may need to do this in batches.