

Plate Dream

White Chicken Enchiladas with Creamy Sauce

15 min Prep time	**20 min** Cook time	**35 min** Total time
4 Servings	**Easy** Difficulty	**Mexican** Cuisine

Ingredients

Main Ingredients

- [ ] 1 lb chicken breast, diced
- [ ] 8 corn tortillas
- [ ] 1 cup shredded Mexican blend cheese
- [ ] 2 tbsp butter
- [ ] 2 tbsp all-purpose flour
- [ ] 2 cups whole milk
- [ ] ½ cup shredded cheese for topping
- [ ] 1 tbsp lime juice
- [ ] 2 green onions, sliced

Seasoning

- [ ] ½ tsp ground cumin
- [ ] ¼ tsp smoked paprika
- [ ] Salt and pepper to taste

Instructions

1. Season the diced chicken with cumin, smoked paprika, salt, and pepper. In a skillet over medium heat, sear the chicken until just cooked through, about 5 minutes. Set aside.
2. In the same pan, melt butter, whisk in flour, and cook for 1 minute. Slowly pour in milk, whisking constantly until the sauce thickens, about 4 minutes. Stir in 1 cup shredded cheese, lime juice, and adjust seasoning.
3. Warm each tortilla for a few seconds in the microwave or on a dry skillet. Place a spoonful of chicken and a sprinkle of cheese onto each, roll tightly, and arrange seam-side down in a greased baking dish.
4. Pour the remaining white sauce over the rolled enchiladas, ensuring they are fully coated. Sprinkle the top with the remaining shredded cheese.
5. Bake at 375°F (190°C) for 15 minutes, until the cheese is bubbly and lightly browned. Garnish with sliced green onions and a drizzle of extra sauce before serving.

Nutrition per serving

420 kcal	30 g	30 g	22 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the sauce looks too thick, whisk in a splash more milk before pouring over enchiladas.
- For added flavor, stir in a tablespoon of creamy sauce into the white sauce.
- A quick side of corn salad brightens the plate.