

## *Idiot's Kitchen Recipe – Chicken & Spinach Enchiladas*

Recipe from [www.idiotskitchen.com](http://www.idiotskitchen.com) - Adapted from The Pioneer Woman



### Ingredients:

2 chicken breast halves, bone in, skin on  
Chicken Broth (3 cups total) – low sodium  
1 Large Onion  
1 bag of Baby Spinach – roughly chopped  
3 (4.5 ounce) cans Diced Green Chilis  
1 (8 ounce) block of Pepper Jack Cheese  
2 Tablespoons Butter  
2 Tablespoons Flour  
1 Cup (8 ounces) Sour Cream  
Corn Tortillas  
Olive Oil  
Salt & Pepper  
Cilantro (optional)

Pre-heat the oven to 350 degrees.

On a sheet pan covered with foil, season the chicken breasts with a drizzle of olive oil, salt and pepper. Bake at 350 degrees for 40-45 minutes until golden brown and cooked through.

Allow the cooked chicken to cool so that the juices are reabsorbed into the meat. Remove the skin and pull the chicken meat away from the bones. Shred the chicken meat into small pieces with your fingers.

Chop/dice 1 large onion into small pieces. Sauté the onion in 2 Tablespoons of olive oil in a large skillet until tender and just beginning to brown on the edges.

Add 1 can of diced green chilies and the shredded chicken meat to the onions. Add 1 cup of chicken broth to moisten the mixture.

Roughly chop 1 bag of baby spinach and add it to the skillet. Cook over medium to re-heat the chicken and wilt the spinach. Season with salt and pepper.

Melt 2 Tablespoons of butter in a sauce pan. Add 2 Tablespoons of flour and cook 1 minute to make a roux or paste. Add 2 Cups of Chicken Broth and whisk until smooth. Bring to a simmer or gentle boil to thicken the sauce.

Add 2 cans of diced green chilies to the sauce. Grate an 8 ounce block of pepper jack cheese and add ½ of the cheese to the sauce. Stir to combine and melt the cheese. Remove from the heat and stir in 1 cup (8 ounces) of sour cream. Set aside.

Wrap 4-5 corn tortillas in damp paper towels and microwave for 20-30 seconds until warm, soft and pliable. Fill each tortilla with the chicken and spinach mixture. Fold over the sides and place the enchiladas seam side down in a large pan that has been coated with non-stick cooking spray.

When all the enchiladas have been filled, pour the cheese sauce over the enchiladas spreading to cover all the nooks and crannies.

Top with the remaining grated pepper jack cheese and bake at 350 degrees for 30 minutes.

Top with chopped cilantro or chopped green onions.