

# Chicken Enchiladas

inspired by Cooking Light January 2012

4 cups cold water  
2 cups chicken broth or stock  
1 tablespoon whole black peppercorns  
5 garlic cloves, crushed  
2 (6-ounce) skinless, boneless chicken breast halves  
1 celery stalk, coarsely chopped  
1 large carrot, peeled and cut into 1/2-inch pieces  
1 jalapeno pepper, halved long ways  
1/2 medium onion, cut into wedges  
1 (7-ounce) can salsa verde  
1/4 cup heavy whipping cream  
1 cup chopped seeded tomato  
1/4 cup chopped fresh cilantro  
1/4 teaspoon salt  
1/2 teaspoon ground cumin  
1/4 teaspoon ground red pepper  
4 ounces lowfat cream cheese, softened  
12 (6-inch) corn tortillas  
Cooking spray  
1 ounce cheddar cheese, shredded (about 1/4 cup)

Tools: A saucepan, a stove, an oven, an 11x7 inch baking dish, a medium bowl

1. Combine water, broth, peppercorns, garlic, chicken, celery, carrot, jalapeno and onion in a saucepan over medium heat.
2. Cook until chicken is done (10 minutes?) then pick the chicken out and let it cool. Shred the chicken.
3. Save the cooking liquid—but take out any floating pieces of vegetable and peppercorns, etc. and throw them away.
4. Combine the cooking liquid and salsa verde in a saucepan and bring them to a boil. Cook for about 30 minutes.
5. Reduce the heat to low and stir in the cream.
6. Preheat the oven to 400 degrees.
7. Put the chicken in a bowl. Add tomato, cilantro, salt, cumin, red pepper, and cream cheese.
8. Dip each tortilla in the sauce mix (the stuff in the saucepan). Then fill them with chicken mix and roll them up.
9. Arrange them seam side down in a baking dish coated with cooking spray. Then spoon sauce over them and top them with cheddar cheese.
10. Bake at 400 for 20 minutes.