



Light Sour Cream Chicken Enchiladas

- 1 (8 oz.) container light sour cream
- 1 (8 oz.) container nonfat plain yogurt
- 1 (10-3/4 oz.) can cream of chicken soup with 1/3 less salt
- 1 (4 oz.) can diced green chilies
- 12 (6-7 inch) white corn or flour tortillas
- 1 cup (4 oz.) shredded reduced-fat Cheddar cheese
- 1 ½ cups chopped cooked chicken
- ¼ cup sliced green onions

Heat oven to 350 degrees. Spray a 13 x 9 (3 Qt) baking dish with nonstick cooking spray.

In medium bowl, combine sour cream, yogurt, soup and chilies; mix well. Spoon about 3 Tbsp sour cream mixture down center of each tortilla.

Reserve 1/4 cup cheddar cheese; sprinkle each tortilla with remaining cheese, chicken and onions. Roll tortillas and place in spray-coated dish, seam side down.

Spoon remaining sour cream mixture over tortillas.

Cover with foil and bake for 25 to 30 minutes, or until hot and bubbly. Remove foil; sprinkle with reserved 1/4 cup cheese. Return to oven & bake, uncovered, an additional 5 minutes or until cheese is melted.

Garnish with shredded lettuce and chopped tomatoes, if desired.

Yield: 6 servings (2 enchiladas each)

Nutritional analysis: 358 calories, 590 mg sodium, 63 mg cholesterol, 9 g fat, 35 g carbohydrates