

Chicken Enchiladas Skillet



Here is a quick, colourful, and flavourful version of enchiladas, prepared in a single skillet to keep dishwashing to a minimum. It's the kind of comforting recipe I like to make when I have leftover chicken on hand. Perfect for an easy weeknight dinner, it's a hit with both kids and adults. A simple, balanced option approved by our dietitians! Our [Mexican salad](#) perfectly complements this flavour-packed meal.

Preparation 10 min

Cooking 25 min

Servings 8

Nutrition Facts (per serving)

Calories 470

Fat 14

Carbohydrates 38

Fibre 9

Protein 48

Sodium 840

Ingredients

- 4 cooked chicken breasts, shredded

- 1 yellow onion, chopped
- 2 red or yellow bell peppers, sliced
- 2 medium tomatoes, diced
- 1 can 796 ml (28 oz) crushed tomatoes
- 1 jar 645 ml Mexican salsa (mild or spicy)
- 1 can 540 ml (19 oz) red or black beans, rinsed and drained
- 15 ml (1 tbsp) chili seasoning (blend of paprika, chili powder, and cumin)
- 6 small whole wheat or corn tortillas, cut into strips
- 500 ml (2 cups) light cheddar cheese, grated
- Light sour cream or Greek yogurt (for serving)

Preparation

1. If the chicken is not already cooked, cook the chicken breasts in a non-stick skillet over medium heat with a little oil, until the internal temperature reaches 165°F (74°C). Shred the chicken and set aside.
2. In the same skillet, add the onion, bell peppers, and tomatoes. Cook for 5 minutes over medium heat or until the vegetables are tender.
3. Add the shredded chicken, crushed tomatoes, salsa, beans, and seasoning. Mix well. Let simmer over low heat for 10 minutes.
4. Stir in the tortilla strips and half of the cheese. Gently mix.
5. Top with the remaining cheese and broil in the oven, if desired. Serve hot with light sour cream or Greek yogurt, to taste.

Notes

Keeps for 3 days in the refrigerator or 3 months in the freezer, in an airtight container.

For a gluten-free version, use corn tortillas and make sure the spice blend does not contain gluten.



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