

Long Livo

White Chicken Enchiladas – Easy 30-Minute Recipe

15 min Prep time	**25 min** Cook time	**40 min** Total time
4 Servings	**Easy** Difficulty	**Mexican** Cuisine

Ingredients

Main Ingredients

- [ ] 2 cups cooked chicken, shredded
- [ ] 8 corn tortillas
- [ ] 1 cup shredded Monterey Jack cheese
- [ ] 1 cup shredded cheddar cheese
- [ ] 2 tbsp butter

White Sauce

- [ ] 2 cups whole milk
- [ ] 3 tbsp all-purpose flour
- [ ] 1/2 cup grated cheese (reserve 1/4 cup for topping)
- [ ] 1 tsp green chile, finely chopped
- [ ] 1 tsp lime juice
- [ ] Salt and pepper to taste

Instructions

1. Warm the tortillas on a dry skillet for about 10 seconds each side so they become pliable.
2. In a saucepan melt butter, whisk in flour and cook for 1 minute, then slowly add milk while whisking to avoid lumps.
3. Stir in the chopped green chile, season with salt and pepper, and let the sauce thicken gently over medium heat.
4. Add the shredded chicken and 1/2 cup cheese to the sauce, stirring until the cheese melts and the mixture is smooth.
5. Place a spoonful of the chicken mixture onto each tortilla, roll tightly, and arrange seam-side down in a greased baking dish.
6. Pour any remaining sauce over the rolled enchiladas, sprinkle the reserved cheese on top, and bake at 375°F (190°C) for 15-20 minutes, uncovered, until bubbly.
7. Finish with a drizzle of lime juice and a sprinkle of fresh cilantro before serving.

Nutrition per serving

420 kcal	28 g	30 g	22 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the sauce becomes too thick, thin it with a splash of chicken broth.
- Cover the dish with foil for the first half of baking to keep the tortillas moist.
- For extra flavor, you can lightly sauté the chicken with a dash of cumin before adding it to the sauce.