

Chicken & Avocado Enchiladas

Description

So of course, the stars aligned and it seemed only fitting that I should whip up some chicken and avocado enchiladas today! I happened to see some gorgeous poblanos at the market today, so decided to add them to the chicken and cheese filling. But the rockstar of the recipe is without a doubt the avocado cream sauce. It pretty much is like guacamole in a sauce — delicious avocados, fresh cilantro, lime juice, sour cream, and a few other saucy ingredients. And while you could definitely add in some jalapenos or serranos to give it an extra kick, sauce is actually pleasantly mild and fresh. Definitely a good recipe to serve to a crowd (or kids) that might not like a ton of heat.



Summary

Yield: 8

Prep Time: 45 minutes

Category: Poultry

Cuisine: Mexican

Tags: Football

Ingredients

- 2 tbsp olive oil
- 1 medium onion peeled and finely diced
- 2 poblano peppers stemmed and thinly sliced
- 1 jalapeno pepper finely diced, remove seeds for less heat
- 8 6 inch flour tortillas
- 4 cup shredded cooked chicken
- 3 cup monterey jack cheese
- 2 tbsp butter
- 2 tbsp flour
- 2 cup chicken broth
- 3/4 cup sour cream
- 1/2 tsp cumin
- 1/2 tsp salt
- 1/2 tsp garlic powder
- 1/4 tsp pepper
- 2 avocado peeled and pitted
- 1/2 cup chopped cilantro
- juice of one lime

Instructions

To Make the Enchiladas:

Prepare the "Avocado Cream Sauce" as listed below.

Preheat the oven to 375° F.

Grease a 9 x 13-inch baking dish.

In a large skillet, heat olive oil over medium-high heat.

Add onion, poblano and jalapeno, and saute for 5-6 minutes until the onions are cooked and translucent.

Remove from heat.

To assemble the enchiladas,

place a tortilla on a flat surface. Spread a tablespoon or two of the avocado sauce down the middle of the tortilla.

Then layer on some of the vegetable mixture, shredded chicken and cheese.

Carefully roll the tortilla and place it seam side down in the baking dish.

Repeat with the remaining tortillas.

Drizzle the top with about half of the remaining avocado cream sauce, then cover the dish with foil and bake for about 20 minutes, or until tortillas are heated through and begin to harden.

Remove from the oven, then serve individual enchiladas drizzled with the remainder of the avocado cream sauce.

You can also garnish with additional cilantro, cheese, and/or sour cream.

To Make Avocado Cream Sauce:

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Melt the butter in a skillet over medium high heat.

Add the flour, whisking until golden and bubbly, about 2-3 minutes.

Slowly whisk the broth into the flour mixture.

Bring to a boil, then reduce heat to medium-low and simmer for 5 minutes.

Stir in the sour cream, cumin, salt, garlic powder and pepper, whisking if necessary to remove any lumps.

Remove from heat and transfer mixture to a blender or food processor.

Add avocados, cilantro and lime juice, and pulse until smooth and well-blended. (Be very careful blending hot liquids -- the heat will expand!)

So be sure to remove the lid occasionally so that the heat can escape.)

Season with additional salt or pepper if needed.