

# Cottage Cheese Chicken Enchiladas

Yield: 6 min  
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-for-mexican-lasagna-with-cottage-cheese>

## Ingredients:

- 1 tablespoon vegetable oil
- 2 skinless boneless chicken breast halves boiled and shredded
- 1/2 cup chopped onion
- 7 ounces chile peppers chopped green
- 1 ounce taco seasoning mix
- 1/2 cup sour cream
- 2 cups cottage cheese
- 1 teaspoon salt
- 1 pinch ground black pepper
- 12 corn tortillas 6 inch
- 2 cups shredded Monterey Jack cheese
- 10 ounces red enchilada sauce

## Nutrition:

1. Calories: 440 calories
2. Carbohydrate: 34 grams
3. Cholesterol: 60 milligrams
4. Fat: 24 grams
5. Fiber: 5 grams
6. Protein: 24 grams
7. SaturatedFat: 12 grams
8. Sodium: 1810 milligrams
9. Sugar: 8 grams

Thank you for visiting our website. Hope you enjoy Cottage Cheese Chicken Enchiladas above. You can see more 20 recipe for mexican lasagna with cottage cheese Deliciousness awaits you! to get more

great cooking ideas.