

# Creamy Chicken Enchilada Pie

Yield: 4 min  
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/mexican-spinach-enchilada-recipe>

## Ingredients:

- 1/2 cup non fat greek yogurt
- 1/2 cup skim milk
- 1/4 teaspoon cumin
- 4 1/2 ounces chopped green chilies can mild
- 1 cup spinach chopped, partially defrosted so that it crumbles easily
- 2 cups diced chicken cooked
- 3 flour tortillas we like whole wheat
- 15 ounces great northern beans rinsed and drained
- 1 1/2 cups shredded Monterey Jack cheese
- 1 bunch green onions sliced

## Nutrition:

1. Calories: 560 calories
2. Carbohydrate: 49 grams
3. Cholesterol: 110 milligrams
4. Fat: 19 grams
5. Fiber: 10 grams
6. Protein: 48 grams
7. SaturatedFat: 10 grams
8. Sodium: 580 milligrams
9. Sugar: 7 grams

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