

Enchiladas Verdes (Green Enchiladas)

Yield: 9 min
Total Time: 85 min

Recipe from: <https://www.recipeschoose.com/recipes/youtube-authentic-mexican-green-enchiladas-recipe>

Ingredients:

- 1 pound boneless, skinless chicken breasts
- 1 onion halved and divided
- 1 teaspoon kosher salt
- 18 white corn tortillas
- 3 cups salsa verde jarred or homemade
- 1 cup queso fresco crumbled
- sour cream optional to serve
- cilantro optional garnish

Nutrition:

1. Calories: 250 calories
2. Carbohydrate: 29 grams
3. Cholesterol: 45 milligrams
4. Fat: 9 grams
5. Fiber: 3 grams
6. Protein: 15 grams
7. SaturatedFat: 3 grams
8. Sodium: 1010 milligrams
9. Sugar: 7 grams

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