

Chicken Enchiladas for Two

- 450 g boneless skinless chicken breasts cooked and shredded
- 145 g shredded cheese, divided
- 210 g sour cream or Greek yogurt
- ½ small red onion diced
- 4 20-cm flour tortillas
- 2 tsp taco seasoning*, to taste
- 260 g salsa
- Cilantro, salsa, avocado, guacamole, sour cream for toppings



1. Preheat oven to **180°C**. Grease an 20x20-cm baking dish with nonstick cooking spray and set aside.
2. To a large bowl, add the **chicken**, half of the **cheese**, **sour cream**, and **onion**; sprinkle in **taco seasoning**. Mix well to combine.
3. Lay out a tortillas and spoon 1/4 of the chicken mixture across the center. Repeat for the other three. Roll them up to close and place, seam side down, into the prepared baking dish.
4. Pour the **salsa** over the tortillas. Cover with aluminum foil and bake until heated through, about 30 minutes.
5. Remove the foil and sprinkle the enchiladas with the remaining grated cheese. Return the baking dish to the oven until the cheese is melted and edges of the tortillas are just beginning to get crisp, 5 to 8 minutes.
6. Top with **cilantro**, **green onions**, **salsa**, **guacamole**, **sour cream**.

*Additional add-ins: [black beans](#), [corn](#)

* **Homemade taco seasoning:**

- 1 T chili powder
- ½ tsp ground cumin
- 2 tsp garlic powder
- 8 tsp onion powder
- 1 tsp dried oregano
- 4 tsp paprika