**Chicken Enchilada Casserole**

**Ingredients:**

10 ml oil

½ clove garlic

1 chicken breast

**Topping:**

50 ml salsa

2 flour tortillas (each cut in half)

100 ml shredded cheddar or colby cheese for topping

15 ml tomato sauce

**Filling:**

100 ml shredded cheddar cheese for topping

100 ml low fat sour cream

25 ml chunky salsa

2 ml cumin

½ ml chilli powder

dash garlic powder

10 ml finely chopped green onion

**Method:**

1. Preheat oven to 350 F.
2. On wax paper, remove bone from chicken breast. Cut chicken into thin strips.
3. Reminder! Wash knife in soapy water, so it can be used to cut vegetables.
4. Peel and crush garlic clove.
5. Add oil to frying pan over medium heat, add garlic and add the cut up pieces of chicken. Fry until no pink remains inside.
6. Finely mince the green onion.
7. Shred the 2 pieces of cheese, adding one to the filling and saving one for the topping.
8. In a medium mixing bowl add all of the ingredients listed in the filling.
9. Add the chicken to the filling.
10. Layer up the casserole in loaf pan. Divide the chicken filling into 3 equal parts:

* 15 ml tomato sauce on the bottom
* add one half of a tortilla
* add a layer of chicken mixture
* add a tortilla layer
* add a chicken layer (second)
* add a tortilla layer
* add the third chicken layer
* add the last tortilla layer

1. Top last tortilla with 50 ml salsa and sprinkle with 10 ml cheese. Cover with foil.
2. Bake for 25- 30 min. Remove from oven and cool for 5- 7 minutes. ENJOY!