Stove Top Green Chile Chicken Enchiladas

**Prep time:** 10 minutes  
**Cook time:** 15 minutes  
**Serves:** 6  
**Cost per serving:** $1.15

**Utensils Needed:**  
- Measuring Spoons  
- Measuring Cups  
- Medium Covered Saucepan  
- Whisk  
- Knife

**Ingredients:**  
- 1 tablespoon olive oil  
- 2/3 cup onion, chopped  
- 1/4 cup flour  
- 2 1/2 cups diced green chilies  
- 2 cups low sodium chicken broth  
- 2 cups cooked, shredded chicken breast  
- 1/2 teaspoon garlic powder  
- 1 tablespoon cornstarch  
- 8 corn tortillas (6 inch)  
- 1 1/2 cup reduced fat extra-sharp cheddar cheese, finely shredded

**Directions:**

1. Heat the oil in a medium saucepan.  
2. Sauté the chopped onion in the oil.  
3. Add the flour and cook for 1 minute.  
4. Add the chilies, chicken broth, chicken and garlic powder.  
5. Simmer uncovered for 5 minutes.  
6. Mix the cornstarch into about 1/4 cup of cold water until all the lumps are gone.  
7. Add to the Chile and chicken mixture.  
8. Cook for 2 more minutes.  
9. Tear the tortillas into strips and divide into thirds.  
10. Add them to the pan and cook until they are hot, stirring with a spoon from time to time.  
11. Sprinkle the cheese over the enchiladas.  
12. Cover the pan and cook until the cheese has melted. Serve immediately.