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Chicken Enchiladas with Green Chile Sauce

(Enchiladas de Pollo con Salsa Verde)

Makes 6 entrée servings

The tangy green sauce here complements the mild cheese and chicken flavors well. Even the pickiest of kids will gobble up this dish, so it makes for an easy weeknight meal. It's best to soften the tortillas first by frying them in a little oil, so I developed a faster way to heat them.

Twelve 5- to 6-inch corn tortillas

Cooking oil spray

Vegetable oil

2 boneless, skinless chicken breasts (about 1 pound), sliced into small strips

1 teaspoon dried oregano

1/2 teaspoon salt

1/2 teaspoon freshly ground black pepper

1 onion, sliced

1 green or red bell pepper, sliced

12 ounces queso blanco, grated

One 28-ounce can green chile enchilada sauce

Preheat oven to 400°F. Coat each tortilla on both sides with cooking oil spray. Place the tortillas on a foil-lined baking sheet and bake for 5 minutes to soften them. Remove from the oven and set aside. Leave the oven on, but lower the heat to 350°F.

Heat about 1 tablespoon vegetable oil in a large skillet over high heat. Add the chicken, oregano, salt, and black pepper, and sauté until the meat is opaque on the outsides, about 5 minutes. Add another tablespoon of oil, then add the onion and bell pepper slices and sauté until the chicken is cooked through, another 3 to 4 minutes. Remove from the heat and pour the chicken mixture into a large bowl. Add two-thirds of the queso blanco and 1 cup of the enchilada sauce and toss together.

Coat a 9- by 13-inch baking dish with vegetable oil spray. Lay all of the tortillas out flat. Spoon the filling into the middle of each tortilla, dividing it evenly. Fold each tortilla over into thirds and lay the filled enchilada, seam-side down, in the baking dish. Repeat until all of the tortillas are done and the baking dish is full.

Pour over the remaining enchilada sauce and sprinkle with the remaining cheese. Bake until the sauce is bubbling and the cheese is melted, about 15 minutes. Remove from the oven and serve two to each diner.