

Chicken Enchilada Dip

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2 cups boneless chicken breast, cooked
and shredded

2 (8-ounce) packages fatfree cream
cheese, softened

1/2 cup fatfree sour cream

6 green onions, minced

1 (14-ounce) can diced tomatoes with
green chilies

2 cloves garlic, minced

2 teaspoons cilantro, chopped

2 teaspoons chili powder

2 teaspoons cumin

1/2 teaspoon coarsely ground black
pepper

1 teaspoon paprika

1 teaspoon dried oregano

In a large bowl, beat cream cheese and sour cream until well combined and fluffy. Fold in shredded chicken, green onions, diced tomatoes (with their juice), garlic and cilantro. Season with remaining ingredients. Transfer to serving bowl. Cover and chill several hours. Serve with carrot chips, celery sticks and baked tortilla chips.



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Smart by Mark Sanders