

Low FODMAP Salsa Verde Chicken Enchiladas

Gluten-Free Lactose-Free IBS Friendly

Enchiladas are one of the most popular items on Mexican restaurant menus, so it's no surprise that it's one of our most requested recipes to convert into low FODMAP.

This Salsa Verde (green sauce) recipe has a fresh, raw tomatillo base. Before blending into a sauce, they are broiled. At the time of this writing, Monash has tested fresh, raw tomatillos to be low FODMAP at 1 cup (75 g) per serving, and moderate at 3 1/2 cups, allowing for plenty of sauce. The steps for this recipe are easy and the results are delicious.

When selecting fresh tomatillos, you want husks that are tightly wrapped around the fruit. If the husks are loose and shriveled, they are over-ripe. You can still eat them, but they will not have the bright tangy grassy flavor. If a tomatillo smells off or is moldy, it has gone bad. The papery husks are inedible.

For canned, plain tomatillos in brine, drained, the same low FODMAP amount applies, and remain LoFO up to a little over 1 pound (500 grams). When using canned, you will not need to broil them. (La Costena is a good brand).

I like to add 1 small 4-ounce (113 g) can of mild, plain green chiles to the sauce for a nice note of buttery chile. Green chiles are also low in FODMAP content. There are many excellent canned green chile brands to choose from. Check our Canned Mild Green Chile Taste Test with flavor, sodium and heat descriptions on our website.

Another quick and easy step is to use a store-bought cooked rotisserie chicken (containing no onion, garlic or other high FODMAP ingredients) for your shredded chicken.

About the low FODMAP swaps —

Soft corn tortillas are traditionally used for enchiladas and are generally gluten-free (check the label), so no swap is needed. I used Guerrero brand white corn tortillas for this batch, for their pliable quality in rolling the enchiladas. For a sturdier roll, use gluten-free yellow corn tortillas.

Many traditional recipes instruct to warm the tortillas by quickly frying them in oil, then fill and wrap. To cut down on oil, as many people with IBS have highly individualized tolerances to oil and fats, I dredge the tortillas in the warm sauce to soften them, then fill and roll.

White onion has been swapped out with the green parts of scallions.

Conventional cow's milk sour cream has been replaced with Green Valley Creamery lactose-free sour cream. I am still searching for a dairy-free sour cream that offers the same taste and texture as conventional brands or GVC. (The Low FODMAP Diet is not dairy-free, but some people have this intolerance).

For the Salsa Verde, chicken or vegetable stock containing onion, garlic and celery has been swapped with Low FODMAP stock, or simply use water.

See the TIPS section at the bottom of this recipe for adding cheese to the filling, to your personal tolerance. Shredded cheese acts as a "glue" in holding the enchiladas together, however, they will still hold and taste delicious without.

Makes: 4 servings: 2 enchiladas each

INGREDIENTS:

SHREDDED CHICKEN INGREDIENTS

2 1/2 cups (375 g) plain, cooked shredded chicken meat

1/3 cup (17 g) thin sliced scallions, green parts only

SALSA VERDE INGREDIENTS

1 1/4 pounds (565 g) fresh green tomatillos

2 Tblsps (30 ml) low FODMAP garlic-infused olive oil, plus 1 Tblsp (15 ml) more for frying the sauce

1, 4-ounce (113 g) can plain, mild chopped green chiles, with the can gravy or drained if packed in water

3/4 cup (177 ml) low FODMAP chicken or vegetable broth, or water

2 tsps ground cumin

1/8 tsp fresh ground black pepper

Tomatillos are quite tangy-tart, you will not need salt

ADDITIONAL INGREDIENTS

8, 6-inch (15 cm) (25 g each) low FODMAP gluten-free corn tortillas

1 cup (75 g) shredded lettuce, chilled (I used Romaine)

1/3 cup (80 g) lactose-free sour cream for drizzling over the enchiladas

METHOD

Chicken: Mix the shredded chicken and scallion greens in a bowl, cover with plastic wrap or a clean damp kitchen towel and set aside.

Preheat broiler to high.

Salsa Verde: Remove the stems and husks from the tomatillos and discard. Soak them in a bowl of lukewarm water for 3 minutes to dissolve their sticky coating. Rinse each one under cold water until smooth and clean. Cut them into quarters and place on a large rimmed baking sheet. Drizzle with 2 Tblsps (30 ml) garlic oil and toss with your hands to fully coat.

Place them under a broiler for 5 minutes. Remove from the broiler and use a spatula to flip them. Broil for another 5 minutes.

Carefully spoon them into a blender. Add the canned green chiles, stock, cumin and pepper. Blend on high for 2 minutes or until smooth with no visible bits of skin.

Pour 1 Tblsp (15 ml) oil into a large nonstick skillet over medium high heat. When the oil shimmers, add the sauce. It will sizzle when it hits the pan. Stir with a spatula to heat and fry the sauce for 4 minutes. Frying the sauce cooks the tomatillos and also mellows their tartness a bit. If it is too liquid-y, stir and fry to reduce to a gravy consistency. If too thick add a bit more water. You are looking for a pasta sauce consistency, not a thick country biscuit gravy.

Remove from heat and allow to cool a bit before dunking the tortillas.

Preheat the oven to 400 F / 200 C.

Grease a 9 x 13-inch (23 x 33 cm) baking / casserole dish with cooking oil spray.

Tortillas and Rolling: Check that the sauce has cooled enough to the touch. Spoon 2 tablespoons into the bottom of the baking dish and use a spatula to spread it lengthwise down the center.

To warm the tortillas, use your hands to dredge a tortilla through the sauce, coating on both sides. Place it in the baking dish. Place 1 heaping 1/4 cup (48-ish g) of the chicken shred in the center, spreading it out a bit to the sides. Firmly, but not so much pressure as to crack the tortilla, roll the enchilada and place seam side down to one end of the dish. Repeat for the remaining enchiladas, lining them up lengthwise in the pan. Pour the remaining sauce over the top of the enchiladas and use a spatula to spread it evenly to cover the tortillas end to end.

Bake for 10 to 15 minutes or until warmed through.

Plating: Spoon the sour cream into a small plastic baggie and seal it closed. Use scissors to snip a tiny bit from a bottom corner. Place it in a small bowl with tip side down.

Garnish the top of the enchiladas with lettuce and place on the table to serve family style. Use a spatula or pie trowel to place 2 enchiladas on each dinner plate. Squeeze the sour cream bag and drizzle in a back-and-forth motion to create a lovely striped pattern. Guests love to watch this step – even if some stripes splatter or glob – it's all in fun and they appreciate the tableside flare!

Lime wedges are a nice touch if the sauce is not too tangy to your taste.

When stored in a tightly sealed container, enchiladas will keep for up to 3 days in the refrigerator.

TIPS:

If you are able to tolerate, add 1 Tblsp (7 g) of shredded Monterey Jack or Cheddar cheese to the filling of each enchilada, then roll and bake.

You may want to use 1/2 cup sour cream to garnish, as some will stick to the inside of the bag.

Asadero cheese has not yet been Monash tested for FODMAPs. If you find that you are able to tolerate, it is an excellent addition to enchiladas.

Tablespoon measurements are US Standard / Imperial = 3 teaspoons per



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