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**Low Carb Christmas Enchiladas!**

**By Jan McCracken**

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FELIZ NAVIDAD...

IT'S A LOW CARB CALIFORNIA CHRISTMAS FIESTA!

We low carbers tend to think that Mexican food is "off limits"... NOT! This girl lives in California and I have some awesome recipes from friends for some Mexican food that is "music for your mouth"... not to mention your tummy!

CHICKEN ENCHILADAS

Before you start to build the enchiladas... whip out that Girl Scout motto and "be prepared"! You can fix this stuff a couple of days in advance and then "whip it together" for your guests or for a quick supper after a day of Christmas shopping.

Okie dokie... prepare the Chile Sauce recipe below and refrigerate so it READY. Also, cook the chicken and "chop it"!

"Oil-righty then"... here we go...

CHILE SAUCE

1/2 cup onion, chopped

1 garlic clove, finely crushed

2 tablespoons olive oil

## Low Carb Christmas Enchiladas!

1 tablespoon whole wheat pastry flour

1/8 cup chili powder (if you like it hotter, add more!)

1/2 teaspoon dried oregano

1/4 teaspoon dried cumin

1 teaspoon salt

2 cups pureed tomatoes (lowest carb count you can find)

1 chicken bouillon cube

Cook the onion and garlic in the olive oil until onions are clear. Sprinkle flour and stirring quickly, cook for one minute.

Add remaining ingredients mixing well and stirring often. Simmer for about 10 minutes.

Makes two cups.

Now for the Enchiladas...

FIRST... prepare the Filling (recipe below):

FILLING:

1/2 cup onion, chopped

2 tablespoons butter

2 cups cooked chicken, chopped or shredded... your preference

1 cup Chili Sauce

1 cup sour cream

Salt to taste

Sauté onion in butter and add other ingredients. Set aside while preparing tortillas for BUILDING enchiladas!

Now let's build enchiladas...

Olive oil

## Low Carb Christmas Enchiladas!

12 low carb tortillas

2 cups cream

1 cup chicken stock

1 1/2 cups Jack cheese grated

Heat oil in heavy skillet and cook tortillas just a few seconds. Combine the cream and chicken stock until well blended.

After cooking each tortilla, dip each one in the chicken stock and cream mixture. Spread filling mixture on the tortillas (kinda like peanut butter on a sandwich), roll the tortilla, placing the seam side down on a baking dish. By the way, this dish should be big enough to hold 12 of these puppies!

After all tortillas are filled and rolled, pour the remaining liquid over them. Sprinkle with cheese and bake in a 350° oven until hot and cheese is melted... about 25 minutes.

Serves 12

Carb count for Total Recipe:

107 grams carbs/19 grams fiber = 88 net grams of carbs

ADD the carb count for your tortillas! WOW... this is ONLY 7.3 grams of carbs per serving and if you ADD 3 net grams for the tortilla it is still only 10.3 grams for a very special treat.

Who says low carb cooking is boring??

VIVA FIESTA and FELIZ NAVIDAD...

IT'S A LOW CARB CALIFORNIA FIESTA CHRISTMAS!

Recipe from the FIRST Low Carb Christmas Cookbook!

by Jan McCracken

Now ONLY \$9.95

Low Carb Christmas Cookin'–

With an Old–Fashioned Cook!

224 fun–filled, sometimes hysterical pages!

Jan McCracken is author and self–publisher of 39 gift books and cookbooks. Born in the Midwest and former owner/innkeeper of a country bed and breakfast in Branson, MO, she has been cooking since she was seventeen years old (she won't tell us how many years that is)!

Jan has been living the low carb lifestyle for eight years. Her long–term goal is helping people

understand that food is truly the great medicine, prevention and healer of disease.

## **Low Carb Christmas!**

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343 words

## **LOW CARB CHRISTMAS!**

Who says that Low Carbers can't participate in all the joys of Christmas Cookin'? Set yourself up for a Merry Low Carb Christmas this year!

We all have treasured memories stored up in our hearts of our own past Christmas times and much of that is around FOOD and specially prepared Christmas treats.

I would spend days cooking for holiday parties, for drop-in guests, for gifts and just for nibbling through the season. So, you see, it isn't just about the food! There are a whole lot of emotions intertwined in "Christmas Cooking"!

Living the Low Carb Lifestyle we may feel "deprived" and think that we can't participate in the ritual of Christmas cooking and making special memory treats.

**WRONG!** You can build Christmas goodies to your hearts content this year. The secret in filling your low carb heart with the spirit of Christmas is **NOT TO FILL** your tummy with Low Carb Christmas treats!

Did you know that research shows that the "first bite" tastes the same as the "tenth bite"? `Nuf said?

I invite you to my website that is all about Low Carb Christmas Cookin' and you will see that we have great, old-fashioned recipes "mouth-watering" ready for you and they are "real food style"!

Let the spirit of Christmas fill your Low Carb Heart! And, Merry, Merry Low Carb Christmas!

## Low Carb Christmas Enchiladas!

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About the author: Jan McCracken is author & self-publisher of 35  
gift books & cookbooks. Laugh & cook with this fun-loving, old-fashioned cook who insists that food

taste like "the real stuff" without the carbs... no one will ever know it's Low Carb!

<http://www.lowcarbcookin.com>

Low Carb Christmas Cookin'

An Old-Fashioned Low Carb Christmas!

224 pages of recipes all about Christmas!

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