While talking to my mono-Sunday night, I mentioned my single status to my friend. She mentioned the English idiom “like a salt shaker” and I thought about a whole new conversation about love. Here’s what I came up with:

While enchiladas bake, add oil to a skillet on medium heat. Sauté chopped onion for about seven minutes. Recipe was modified from one found at www.campbellkitchen.com.

Ingredients:
- 1 cooked chicken breast (4 cups)
- 1 cup shredded Monterey Jack cheese (or Taco Blend cheese)
- 2 cups chopped cooked chicken
- 2 teaspoons chili powder
- 1 can condensed cream of chicken soup (2 cups)
- 1 green onion, sliced (about 2 tablespoons)
- 1 tablespoon grated fresh lime juice
- 1/2 cup salsa
- 1/4 cup sour cream
- 1/4 cup shredded lettuce (optional)
- Tostada shells (optional)

Instructions:
1. Preheat oven to 350 degrees.
2. Cook chicken in a pan. (I cooked mine in the oven for about 35 minutes.)
3. Stir the soup, sour cream, salsa and chili powder in a bowl. Stir 1/2 cups of the salsa mixture with the chicken mixture. Then spread a layer of the chicken mixture on each tortilla.
4. Fold the tortillas in half and place, seam-side down, in a baking dish. Cover the baking dish. Bake enchiladas for 35 minutes.

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