

Zucchini Chicken Enchiladas

For enchilada sauce:

- ½ yellow onion, peeled
- 1 tomato, washed
- 4 dried Guajillo chilies
- 1 dried ancho chile
- 3 chile de arbol (optional, spicy)
- 4 cloves garlic
- 1 cup low sodium chicken broth
- ½ tsp salt
- 1 tsp ground cumin

For enchiladas:

- 2 cups cooked chicken, shredded
- ½ onion, diced
- 2-3 zucchinis, thinly sliced with a mandolin or peeler
- 1 tsp avocado oil or olive oil
- 1 red bell pepper, diced
- 1 ½ cups Mexican style cheese
- 1 tsp ground cumin
- 2 tsp chili powder
- ½ tsp salt
- ½ tsp pepper
- 1 ½ cup enchilada sauce
- Chopped cilantro, for serving
- Sour Cream, for serving

Method:

1. Preheat oven to 400°F. Place ½ onion and tomato on a sheet tray and roast for 20-25 minutes, until browned. Cool slightly.
2. Remove seeds and stems from dried chilies and soak in 2 cups boiling water until soft.
3. In a blender, add roasted tomato, roasted onion, dried chilies, garlic cloves, broth, salt and pepper. Blend until smooth.
4. In a medium sauté pan, heat oil over medium heat. Add ½ onion and sauté until tender. Add chicken, ground cumin, ground chili powder, salt, and pepper. Mix in ½ cup enchilada sauce. Cook until chicken is warmed up.
5. Spray a baking dish with nonstick spray. Spread ½ cup of enchilada sauce over the bottom. To assemble enchiladas, take 3 slices of zucchini and overlap them to create a rectangle. Place 1/3 cup chicken mixture on one end and roll the slices together over the chicken so that the finished product looks like a zucchini tube of chicken. Place in the baking dish. Repeat until all zucchini and chicken is used. Sprinkle with cheese and remaining enchilada sauce. Bake for 20-25 minutes until golden brown. Serve with cilantro and sour cream.

Nutrition Facts

Servings 6.0

Amount Per Serving

calories 149

% Daily Value *

Total Fat 7 g 10 %

Saturated Fat 1 g 3 %

Monounsaturated Fat 0 g

Polyunsaturated Fat 0 g

Trans Fat 0 g

Cholesterol 42 mg 14 %

Sodium 302 mg 13 %

Potassium 189 mg 5 %

Total Carbohydrate 6 g 2 %

Dietary Fiber 2 g 7 %

Sugars 4 g

Protein 19 g 39 %