

GREEN GODDESS ENCHILDAS

Enchiladas are typically a heavy meal (especially when paired with rice, beans, and extra flour tortillas on the side). Our spin on enchiladas adds nutrition without sacrificing flavor... green chiles, spinach, zucchini, avocado... Pair with a fresh summer tomato salad for a dinner that won't weigh you down.

RECIPE

2 cups zucchini, chopped
5 cups fresh baby spinach
1 cup part-skim shredded cheese
1 clove garlic
1/2 lb shredded chicken
1 medium avocado, sliced
1-2 tablespoons chopped cilantro
1, 15oz can green chile enchilada sauce
8 corn tortillas (we used Food for Life Sprouted Corn Tortillas)
1 tbsp olive oil
Salt and pepper

Preheat oven to 350 degrees.

Add 1 tbsp olive oil to sauté pan on medium heat. Sauté garlic and zucchini until tender for 4-5 minutes. Add baby spinach until wilted and season with salt and pepper. Add shredded chicken to veggies and heat through.

Heat corn tortillas to soften. Place 2 tbsp mixture onto each tortilla and roll up. Arrange all in baking dish. Cover with green chile sauce and sprinkle with cheese. Bake for 15 minutes- until cheese is melted and browned. Remove from oven and top with avocado slices and cilantro.

Tip: Try this recipe with other green veggies... kale, bell peppers, and broccoli!

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