

Chicken Enchiladas

Mexican food is the BOMB DOT COM! Am I right?? I revised an enchilada recipe to make it a bit healthier and macro friendly! Give it a shot. It may seem tedious, but after making it 1-2x, it is actually pretty easy!

Ingredients:

4 cloves	Garlic, minced
2 tbsp	Adobo sauce
2 cups	Tomato Sauce
2 tsp	Chipotle chili powder
2 tsp	Cumin
1 ½ cup	Chicken broth, reduced sodium
TT	Salt and pepper
9 oz	Boneless, skinless chicken breast, cooked and shredded (about 1.5 breasts)
1 cup	Onion, diced
¼ cup	Cilantro
1 tsp	Dried oregano
8 (7-inch)	Whole-wheat, low-carb flour tortillas
1 cup	Shredded Mexican cheese (made with 2%)

Directions:

1. Preheat the oven to 400 degrees
2. Start boiling the chicken. It needs cooked and shredded.
3. While the chicken is boiling, prepare the enchilada sauce. In a medium saucepan, sauté 2 cloves garlic. Add 2 adobo sauce, 1 ½ cups tomato sauce, 1 tsp chipotle chili powder, 1 tsp cumin, and 1 cup chicken broth. Stir. Let the sauce come to a boil, then remove from the heat.
4. It should be time to drain the chicken. SHREDDING TIP: Use an electric hand mixer or KitchenAid (mixer attachment) to shred the chicken! Works great! Set the chicken to the side.
5. In another medium saucepan, sauté the rest of the garlic (2 cloves) and onions. Add the rest of the tomato sauce (1/2 cup), chipotle chili powder (1 tsp), cumin (1 tsp), and chicken broth (1/2 cup). Also add cilantro and dry oregano. Mix well and heat it up. Remove from heat right before the mixture starts to boil. Pour it on the chicken and mix evenly.
6. Put 1/3 cup of the chicken mixture into each tortilla, roll, and place in a 9x13 pan / baking dish.
7. Pour the enchilada sauce evenly on top. Top with cheese.
8. Cover and bake for 20-25 minutes.

**Store in an airtight container or cover the 9x13 pan in the fridge. This stays good and easily reheats for up to 6 days.

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Nutrition Facts		
Serving Size: 1 Enchilada		
Amount Per Serving	% Daily Value*	
Calories	174.3 kcal	9 %
Total Fat	7.3 g	11 %
Saturated Fat	2.8 g	14 %
Trans Fat	0 g	
Cholesterol	35.8 mg	12 %
Sodium	660.6 mg	28 %
Total Carbohydrate	18 g	6 %
Dietary Fiber	9.4 g	38 %
Sugars	3.4 g	
Protein	17 g	34 %
Vitamin A	14 %	Vitamin C 11 %
Calcium	17 %	Iron 14 %

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Full Info at cronometer.com </>