

Recipe



25-Minute Chicken & Veggie Enchiladas

Yield: 4 Servings

Nutrition

Serving Size: 2 cups

Per Serving: Calories: 393

Carbohydrates: 37g

Protein: 25g

Fat: 18g

Dietary Fiber: 5g

Sodium: 587mg

Saturated Fat: 6g

Directions

1. Preheat oven to broil with rack 5 to 6 inches from heat. Heat oil in a large nonstick skillet over medium-high. Add zucchini, squash and onion, and cook, stirring often, until vegetables are tender and just beginning to brown, about 10 minutes. Add garlic, and cook 1 more minute. Add chicken, salt, pepper and 3/4 cup of the cheese; stir to combine. Cook until hot and cheese melts, about 1 minute. Remove from heat, and cover to keep warm.
2. Warm tortillas according to package directions. Place about 1/3 cup of chicken mixture in the center of each tortilla; fold tortilla around filling, and place, seam-side down, in a lightly greased (with cooking spray) 11 x 7-inch (or a 2-quart) broiler-safe baking dish. Pour salsa over enchiladas, and sprinkle with remaining 1/4 cup cheese. Broil in preheated oven until hot and bubbly, about 1 1/2 minutes. Garnish with cilantro.

Ingredients

- 2 tablespoons canola oil
- 1 ½ cups chopped zucchini
- 1 ½ cups chopped yellow squash
- ½ cup chopped yellow onion
- 1 teaspoon minced garlic
- 1 ½ cups shredded, cooked chicken breast (about 4 1/2 oz.)
- ½ cup shredded, cooked chicken thigh (about 1 1/2 oz.)
- ⅝ teaspoon kosher salt
- ½ teaspoon black pepper
- 4 ounces Monterey Jack cheese, shredded (about 1 cup), divided
- 8 (6 inch) corn tortillas
- Cooking spray
- ½ cup bottled salsa verde
- Fresh cilantro leaves

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Source: eatingwell.com/recipe/278420/25-minute-chicken-veggie-enchiladas