

# THE BEST CHICKEN ENCHILADA RECIPE

**Prep Time:** 10 minutes | **Cook Time:** 35 minutes

**Total Time:** 45 minutes

**Yield:** 8 servings | **Serving size:** 1 enchilada

[www.skinnytaste.com/chicken-enchiladas](http://www.skinnytaste.com/chicken-enchiladas)

## NUTRITION INFORMATION

Calories: 168 kcal | Carbohydrates: 17 g | Protein: 17 g

Fat: 6.5 g | Saturated Fat: 2 g | Cholesterol: 29.5 mg

Sodium: 441 mg | Fiber: 8.5 g | Sugar: 3 g

## INGREDIENTS

### For the enchilada sauce\*:

2 Garlic Cloves, minced

1-2 tablespoons Chipotle Chilis in adobo sauce, depending how spicy you like it

1 1/2 cups Tomato Sauce

1/2 teaspoon Chipotle Chili Powder

1/2 teaspoon Ground Cumin

3/4 cup Reduced Sodium Chicken Broth

Kosher Salt and Fresh Pepper to taste

### For the chicken:

1 teaspoon Extra Virgin Olive Oil

10 ounces Cooked Shredded Chicken Breast, from 2 breasts of a rotisserie chicken or shredded chicken in the slow cooker\*\*

1 cup Onion, diced

2 large Cloves Garlic, minced

1/4 cup Cilantro

Kosher Salt

1 teaspoon Cumin

1/2 teaspoon Dried Oregano

1 teaspoon Chipotle Chili Powder

1/3 cup Chicken Broth

1/2 cup Tomato Sauce

### For the enchilada:

8 7-inch Whole Wheat Flour Tortillas, (i.e. La Tortilla Factory Low Carb Whole Wheat Tortillas)

1 cup Part-Skim Shredded Mexican Cheese Blend or Cheddar (for an even healthier option, omit the cheese or use just 2 tbsp Cotija cheese as a topping)

Olive Oil Spray

2 tbsp Chopped Scallions or Cilantro, for topping

**Optional toppings:** sour cream, avocado, Greek yogurt, jalapenos, olives, etc

**Optional Add-Ins to Step 3:** corn, beans, diced green chilies, vegetables

**Alternative proteins:** ground beef, chicken or turkey taco meat, shredded beef or pork, chicken thighs

**Make it Vegetarian:** instead of meat, use refried beans, white beans, butternut squash or zucchini and cheese (Optional toppings, add-ins, or alternative proteins will change the nutritional values.)



## INSTRUCTIONS

1. Preheat oven to 400F degrees.
2. Spray a medium pot with oil and add garlic, sauté 30 seconds. Add chipotle chilis, chili powder, cumin, chicken broth, tomato sauce, salt and pepper. Bring to a boil. Reduce the heat to low and simmer for 5-10 minutes, to let the flavors meld. Set aside until ready to use.
3. Heat the oil in a medium skillet over medium-high heat. Sauté onions and garlic on low until soft, about 2 minutes. Add chicken, salt, cilantro, cumin, oregano, chili powder, tomato sauce, chicken broth and cook 4 to 5 minutes. Remove from heat.
4. Spray a 13 by 9-inch glass or ceramic baking dish with oil. Put 1/3 cup chicken mixture into each tortilla and roll it.
5. Place in baking dish seam side down, top with sauce. Then top with cheese.
6. Cover with foil and bake in the oven on the middle rack for 20-25 minutes, until it's heated through and the cheese is melted. Garnish with scallions or cilantro.

### NOTES:

\*If using premade enchilada sauce, it's approximately 2 1/4 cups.

\*\*To make shredded chicken in the slow cooker, place breasts in slow cooker and cover with enough chicken broth to submerge. Cook 4 hours on low or 2 hours on high then shred with two forks.