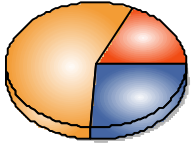




## Mom's Chicken Enchiladas

Recipe grams: 2165.41g/76.4oz  
Serves 4 541.35g/19.1oz per serving



Protein: 48%  
Carbohydrates: 37%  
Fat: 15%

### INGREDIENTS

16 oz CHICKEN BREAST, BONELESS, STEWED, MEAT ONLY  
4 medium ONION, SPRING OR SCALLIONS, RAW  
9 sprigs CORIANDER, RAW (CILANTRO, CHINESE PARSLEY)  
1 pepper JALAPENO, RAW  
8 tortillas TORTILLA, ORIGINAL, LOW CARB/LOW FAT  
1 cup CHEDDAR CHEESE, SHREDDED, NONFAT  
2 cups SPINACH  
1/2 cup SALSA  
1/4 cup SOUR CREAM, NONFAT  
1 plum-tomato TOMATO, RED, RIPE, RAW  
30 oz ENCHILADA SAUCE, GREEN CHILE

### DIRECTIONS

Preheat oven to 375 degrees. Sprinkle chicken breasts with salt and pepper or taco seasoning and bake on a rack in a shallow pan for 30 minutes or until juices run clean. Allow to cool slightly and shred.

Chop green onions into bits. Cut and remove seeds and spines from jalapeno. Chop fine. Keep seeds if more heat is desired.

Chop cilantro. Slice tomato in half. Remove seed and dice remaining.

Coat nonstick skillet with cooking spray. Heat over medium heat and saute green onions until just beginning to soften. Add jalapeno and cilantro and saute for 1 minute more. Add chicken and 1 can of enchilada sauce. Cook until heated thoroughly.

Heat remaining enchilada sauce in a microwave safe bowl until warmed, about 2 minutes. Put a very thin layer in the bottom of a baking dish coated with cooking spray.

Dip tortillas in sauce and lay out. Fill each with 1/8 of chicken mixture. Roll and place seam side down in baking dish. Repeat with remaining tortillas and chicken mixture.

Top with remaining sauce and sprinkle with cheese. Bake until heated through and cheese is melted, about 15 minutes.

Divide spinach among four plates. Place two enchiladas on each plate and top with 1/4 of sour cream and salsa. Sprinkle chopped tomato over each. Top with a few sprinkles of cilantro for color.

### Nutrition Facts

Serving Size: 1 serving (541.4g)  
Servings: 1

#### Amount Per Serving

Calories 410      Calories from Fat 70

**Total Fat** 8g      **% Daily Value\*** **10%**

Saturated Fat 1g      **4%**

Trans Fat 0g

**Cholesterol** 90mg      **30%**

**Sodium** 1820mg      **80%**

**Total Carbohydrate** 41g      **15%**

Dietary Fiber 22g      **90%**

Sugars 5g

**Protein** 54g

Vitamin A 60%      •      Vitamin C 45%

Calcium 45%      •      Iron 25%

\*Percent Daily Values are based on a 2,000 calorie diet.