

Creamy Green Chili Chicken Enchilada Stack

Servings: 8

Source: <https://laurenfitfoodie.com/creamy-green-chili-chicken-enchilada-stack/>

Ingredients:

Enchilada Filling:

2 medium zucchinis (265g) peeled and finely diced

1 small onion (250g) finely diced

1 tbsp taco seasoning (15g)

1/4 tsp salt

3 cups shredded chicken (500g)

Creamy Green Chili Sauce:

1 tbsp light butter (14g)

3/4 cup nonfat Greek yogurt (170g)

1/2 cup salsa verde (120g)

4 ounces fat-free cream cheese (112g)

1 4-oz can diced green chilis (113g)

9 flour tortillas

1/2 cup 2% shredded Mexican cheese (56g)

Instructions

1. Preheat oven to 350 °F.

2. Bring a large skillet to medium heat. Spray with cooking spray and add zucchini and onions. Season with taco seasoning and salt and cook for 6-7 minutes, or until vegetables are soft and slightly browned. Remove from heat and add vegetables to a mixing bowl.

3. Add the chicken and toss to combine.

4. Rinse pan (or grab a new one) and make sure it has cooled, then set to the lowest heat. Add all the ingredients for the creamy green chili sauce. Stir constantly until cream cheese has melted. Then remove from heat.

5. Spray a 13×9 inch dish with cooking spray. Layer 3 tortillas on the bottom of the dish (2 normal and then one cut in half as pictured). Add 1/2 of enchilada filling, then layer with 3 more tortillas, the other 1/2 of the enchilada filling, and finally the 3 remaining tortillas. Add the creamy green chili sauce.

6. Sprinkle evenly with cheese and bake for 10-15 minutes, or until cheese has melted.

Nutrition Information per Serving: 281 calories, 7 g total fat, 21 g protein, 33 g carbohydrate, 983 mg sodium, 3 g fiber, 9.5 g sugar



Substitutions:

1. Use corn tortillas if needed to be gluten free
2. Use a tortilla with higher fiber to increase the fiber at this meal