



Anna Jones, MS, RD, LD

Chicken & Spinach Enchiladas with Guacamole Salad

Ingredients

Cooking spray
10-12 sprigs fresh cilantro, rinsed
1 small tomato, rinsed
1 Rotisserie chicken
1 (15 1/2 oz.) can pinto beans, drained and rinsed
1 cup fresh salsa (from produce section)
1 10 oz. pkg frozen chopped spinach, thawed and squeezed dry
1 fresh jalapeno pepper
8 (10 inch) whole wheat tortillas
1 (10 oz.) can enchilada sauce
1 cup shredded Mexican blend cheese
aluminum foil

Preparation

Preheat oven to 350°. Coat 13 x 9 inch baking dish with cooking spray. Chop cilantro coarsely, place in medium bowl. Chop tomato finely, set aside.

Remove meat from rotisserie chicken and chop coarsely; add to cilantro. Stir in beans, 1 cup salsa, and spinach. Spoon chicken mixture equally into center of tortillas. Roll tortillas around filling and place, seam side down, in baking dish. Pour enchilada sauce over enchiladas.

Sprinkle tomatoes and cheese evenly over enchiladas. Cover with foil and bake 20-30 minutes or until thoroughly heated and cheese is melted. Serve enchiladas topped with guacamole salad.

**For a little more spiciness, add some fresh chopped jalapenos to the chicken filling.

Serving Size: 1 enchilada

Nutrition Information:

Calories: 358 Fat: 11 g Sat Fat: 5 g Cholesterol: 100 mg Sodium: 700 mg
Carbohydrate: 31 g Fiber: 16 g Protein: 36 g



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Guacamole Salad

10-12 sprigs fresh cilantro, rinsed
1 fresh jalapeno pepper, rinsed
1 small tomato, rinsed
1/4 cup onion, diced
1/4 teaspoon salt
1/4 teaspoon pepper
1/4 teaspoon cumin
3 medium avocados, rinsed
1 lime, for juice, rinsed
1 (8 oz.) bag shredded lettuce

Preparation

Chop cilantro coarsely, place in medium bowl. Cut jalapeno pepper in half (remove and discard seeds); chop finely and add to bowl. Chop tomato; add to bowl. Stir in onions, salt, pepper, and cumin. Cut avocados into quarters; then cut into bite-sized pieces. (Score the inside of the avocados in a crisscross pattern through the flesh, just down to the skin. Flatten skin slightly and slide knife across the bottom, next to the skin, to remove the cubes.) Stir into mixture.

Squeeze juice of one-half lime (about 2 teaspoons) into salad; mix gently until blended. Serve over shredded lettuce.

Nutrition Information:

Calories: 135 Fat: 11 g Sat Fat: 0 g Cholesterol: 0 mg Sodium: 110 mg
Carbohydrate: 9.5 g Fiber: 6 g Protein: 2 g

Makes 8 servings.

Serving size: 1 enchilada topped with ¼ cup guacamole salad.