

Chicken Enchiladas



Serves 5

Ingredients:

- 3 large chicken breasts
- 12-15 whole cabbage leaves
- 1 fresh garlic clove, minced
- $\frac{1}{4}$ large white onion, finely chopped
- $\frac{1}{2}$ cup salsa
- 1 (4 ounce) green chiles, diced
- 1 small bunch fresh cilantro, chopped

Instructions:

1. Pre-heat oven to 375°F.
2. Grill chicken.
3. While chicken is cooking, prepare cabbage leaves. Peel leaves off head, taking care not to tear. When peeling the harder to remove inner leaves, placing the head under water may make the process easier. Add cabbage leaves (4 at a time) to boiling water. Let cook for 5 minutes before removing from the water.
4. When chicken is done cooking, let cool and then shred. In a large bowl, combine chicken, $\frac{1}{3}$ cup salsa, onion, garlic, green chiles, and $\frac{1}{4}$ cup cilantro.
5. Scoop chicken mixture into cabbage leaves and wrap like a burrito. Place rolled enchiladas with seam side down into a 9 x 13 baking dish. Top with remaining salsa and additional cilantro.
6. Bake for 20-25 minutes. Serve. If desired, top with additional salsa, cheese, or sour cream.

Nutrition per serving: Calories 171; Total Fat 3.8 g; Saturated Fat 1.1 g; Monounsaturated Fat 1.3 g; Polyunsaturated Fat 0.9 g; Total Carbohydrates 7.0 g; Dietary Fiber 2.3 g; Sugar Alcohols 0.1 g; Sugars 3.9 g; Protein 26.5 g; Sodium 346 mg