

Chicken Enchilada Spaghetti

Yield: 3 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/italain-meets-mexican-recipe>

Ingredients:

- 1 tablespoon olive oil
- 1/2 onion chopped
- 1/2 green pepper chopped
- 1/2 red pepper chopped
- 2 garlic cloves minced or pressed
- 1 teaspoon cumin
- 1/2 teaspoon chili powder
- 1/4 teaspoon salt
- 1/2 teaspoon smoked paprika
- 1/4 teaspoon pepper
- 1 pinch cayenne pepper
- 2 boneless skinless chicken breasts cooked and shredded
- 1/2 pound whole wheat spaghetti
- 10 ounces red enchilada sauce
- 3/4 cup sharp cheddar cheese freshly grated
- cilantro for topping

Nutrition:

1. Calories: 570 calories
2. Carbohydrate: 70 grams
3. Cholesterol: 80 milligrams
4. Fat: 17 grams
5. Fiber: 4 grams
6. Protein: 38 grams
7. SaturatedFat: 7 grams
8. Sodium: 1300 milligrams
9. Sugar: 9 grams

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