

21 Day Fix Chicken Enchiladas

Yield: 4 min
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/mexican-casserole-recipe-21-day-fix>

Ingredients:

- 4 cups fresh spinach torn, about ½ bag
- 1 tablespoon extra-virgin olive oil
- 1 teaspoon minced garlic
- 2 cups chicken shredded
- 1/4 cup scallions thinly sliced
- 4 ounces chile peppers diced green, undrained
- 1 1/2 cups greek yogurt
- 2 tablespoons brown rice flour
- 1 teaspoon ground cumin
- 1/2 teaspoon sea salt
- 1 teaspoon lime juice
- 1/2 cup skim milk
- 1 inch whole wheat flour tortillas
- tomatoes diced
- 1 cup shredded reduced fat cheddar cheese
- chopped tomatoes for garnish, optional

Nutrition:

1. Calories: 340 calories
2. Carbohydrate: 16 grams
3. Cholesterol: 95 milligrams
4. Fat: 14 grams
5. Fiber: 2 grams
6. Protein: 37 grams
7. SaturatedFat: 5 grams
8. Sodium: 740 milligrams
9. Sugar: 8 grams

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