

Chicken Enchiladas – Makes ~14 each

<https://www.eminencenutrition.com/chicken-enchiladas>



Ingredients:

Chicken & Enchilada Sauce:

- 2 Onions, minced
- 6 Garlic cloves, crushed
- 1 Jalapeño, minced
- 1 cup Chicken broth (reduced sodium)
- 2 cups Tomato sauce
- 1 tsp. Chili powder
- 1 tsp. Salt
- 1 tsp. Cumin
- ½ tsp. Oregano (dried)
- ½ tsp. Cayenne pepper
- 2 Chicken breasts
- 1 can Black beans (canned), rinsed

Enchiladas:

- 14 small Whole-grain tortilla wraps
- 2 cups Spinach, chopped
- 1 Roasted red pepper (canned), diced
- 2 cups Mushrooms, diced
- Optional Shredded cheese
- Optional Cilantro, fresh (garnish)
- Optional Plain Greek yogurt (garnish)

Avocado Crema:

- ½ cup Cashews
- 1 Avocado
- 1 Lime, juiced
- ½ cup Cilantro (optional), fresh
- ½ cup Water

Directions:

Make the Chicken and enchilada sauce

1. Add the onions, garlic, jalapeño, chicken broth, tomato sauce, spices and the whole chicken breasts into an Instant Pot.
2. Close the lid, set the valve to the sealing position, and cook on high pressure for 10 minutes.
3. While the chicken cooks, prepare the vegetables.
4. Once the timer goes off, place a dish towel over the valve and carefully switch it to the venting position for a quick pressure release.
5. Remove the chicken and shred it using two forks or a hand mixer. Mix the shredded chicken with the black beans and about ¼ cup of the sauce to keep it moist.
6. Optional: Blend the sauce ingredients using a blender or an immersion blender for a smoother texture.

Assemble the Enchiladas

1. Preheat the oven to 350°F (175°C).
2. Spread about ½ cup of enchilada sauce on the bottom of a 9×13-inch casserole dish.
3. Fill each tortilla with a spoonful of sauce, chicken/black bean mixture, spinach, roasted red pepper, and mushrooms. Avoid overfilling to ensure they can roll properly.
4. Roll each tortilla and place it in the dish with the seam side down.
5. Pour the remaining enchilada sauce over the tortillas. If using cheese, sprinkle it on top.
6. Bake uncovered for 20–30 minutes.

Make the Avocado Crema

1. Soak the cashews in boiling water for about 20 minutes.
2. Drain the cashews and add them to a blender with the avocado, cilantro (if using), lime juice, garlic, salt, and water. Blend until creamy and smooth, adding more water in small amounts if needed.

Serve

Top the enchiladas with avocado crema, Greek yogurt, and fresh cilantro as desired.

Enjoy! 😊