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Baked Chicken & Green Chili Enchilada Roll-Ups

Total Time: 60 minutes

Satisfy your craving for Mexican food without all the carbohydrates and fat!

INGREDIENTS:

- 1 teaspoon cumin
- 2 teaspoon dried oregano
- 1 teaspoon garlic powder
- 1/2 teaspoon chili powder
- 1 teaspoon Kosher salt
- Freshly ground black pepper, to taste
- Cooking spray
- 1 (10 oz) can mild or medium red enchilada sauce
- 1 (4 oz) can mild green chilis
- 1 ½ pounds (3) boneless, skinless chicken breasts, cut in half lengthwise (making each breast half as thick)
- 1 cup reduced fat shredded Mexican cheese blend
- 1 avocado, cubed
- Chopped cilantro (for garnish)



DIRECTIONS:

1. Preheat oven to 375 degrees.
2. In a small bowl, combine the cumin, oregano, garlic powder, chili powder, salt and pepper. Rub on both sides of each piece of chicken.
3. Spray a small (8x6 or 8x10) oval or rectangular baking dish with cooking spray and pour a thin layer of enchilada sauce on the bottom of the dish.
4. Lay chicken, cut side up on a work surface. Top each piece, in the center, with about 2 teaspoons chilis and 1 1/2 tablespoons cheese.
5. Roll each one up and set them seam side down in the baking dish. (It's ok to use toothpicks if chicken won't stay rolled on its own.) Top with remaining sauce, cheese and chilis.
6. Cover with foil and bake for 30 minutes. Remove foil and continue to bake 10-15 minutes more, or until chicken is cooked through.
7. Top each chicken roll-up with a few avocado pieces and cilantro and serve. Would also be good with a dollop with light sour cream.

NUTRITION INFORMATION

Yield: 6 servings, Serving Size: 1 roll-up with one ounce avocado

Amount Per Serving: Calories: 260, Total Fat: 11.5g, Carbohydrates: 8g, Fiber: 3g, Sugar: 1g, Protein: 30g