

Green Chile Enchiladas



Ingredients:

2.5 lbs boneless, skinless Chicken Breasts, cooked & shredded
Kosher Salt
2.5 tbsp EVO oil
5 small red Bell Peppers (or yellow, or orange bell peppers), cored & diced
2.5 medium yellow Onions, diced
2.5 tsp Chili powder
1.88 tsp Garlic powder
1.25 tsp Cumin
1.25 tsp black Pepper
5 cups reduced-fat shredded Monterey Jack Cheese or Mexican Blend Cheese, divided
3.75 cups plain nonfat Greek Yogurt
5 cans diced green Chiles (4-oz cans), drained
20 whole wheat Flour Tortillas (7")
2.5 can green Enchilada sauce (15 oz)
For serving: diced fresh tomato, fresh cilantro, diced avocado, diced red Onion, as desired

Instructions:

Preheat the oven to 350°.
Lightly coat a 9"×13" casserole dish with baking spray and set aside.
Cook and shred chicken, if necessary.
Heat the oil in a large skillet or sauté pan on medium heat.
Once the oil is warm, add the peppers and onion.
Cook, stirring occasionally, until the vegetables soften and the onions become translucent, about 8 to 10 minutes.
To the skillet, add the shredded chicken, ½ tsp salt, chili powder, garlic powder, cumin, and black pepper.
Stir to coat evenly, then remove the skillet from the heat and let cool.
In a large bowl, combine 1 cup of the cheese, Greek yogurt, green chilies, and remaining 1 tsp salt.
Once the chicken and veggie mixture has cooled to nearly room temperature, add it to the bowl with the yogurt mixture and stir to coat evenly.
To assemble the enchiladas, fill each tortilla with a slightly heaping ½ cup of the chicken-yogurt mixture.
Roll closed and place in the prepared dish, seam side down.
Repeat with the remaining tortillas.
Pour the green enchilada sauce evenly over the top, cover the pan, then bake for 30 min.
Remove the pan from the oven, uncover, and sprinkle with the remaining 1 cup of shredded cheese.
Bake uncovered for 5 additional minutes, until the cheese is melted.
Sprinkle with desired toppings and enjoy!