## Green Goddess Enchiladas by Jenny Hagendorf MS, RDN, LD, CSO



## Ingredients:

- 2 cups zucchini, chopped
- 5 cups fresh baby spinach
- 1 cup part-skim shredded cheese
- 1 clove garlic
- 1/2 lb shredded chicken
- 1 medium avocado, sliced
- 1-2 tablespoons chopped cilantro
- 1 15oz can green chile enchilada sauce
- 8 Food For Life Sprouted Corn Tortillas
- 1 tbsp olive oil
- Salt and pepper

## Directions:

- 1. Pre heat oven to 350 degrees
- 2. Add 1 tbsp olive oil to saute pan on medium heat. Saute garlic and zucchini until tender for 4-5 minutes
- 3. Add baby spinach until wilted and season with salt and pepper
- 4. Add shredded chicken to veggies and heat through
- 5. Heat corn tortillas to soften
- 6. Place 2 tbsp mixture into each tortilla and roll up. Arrange all in baking dish
- 7. Cover with green chile sauce and sprinkle with cheese
- 8. Bake for 15 minutes until cheese is melted
- 9. Pull from oven and top with avocado slices and cilantro

## Source:

08/02/25 Printed from Foodforlife.com http://www.foodforlife.com/recipe/48628