

COOKING FOR WELLNESS

Leftover Chicken to Zucchini Chicken Enchiladas (boats)

Ingredients:

- 2 T vegetable oil
- 4 scallions sliced (split between white and green parts)
- 2 cloves garlic diced
- 3 c shredded chicken (leftover)
- 1 ½ salsa
- 1 c Mexican blend cheese
- 3-4 medium sized zucchini or summer squash
- 1 T chili powder
- ¼ tsp garlic powder
- ¼ tsp onion powder
- 1 tsp dried oregano
- ½ tsp paprika



Instructions:

1. Preheat the oven to 375 degrees F.
2. In a large skillet add oil and heat over medium heat. Add the scallion whites and garlic to sauté, stirring frequently, until soft, ~ 5 minutes. Sprinkle in the chili powder and cook, stirring, until the scallions are coated, and the oil is brick red, about 1 minute. Remove from the heat and stir in the chicken, 1/2 cup of the salsa and 1/2 cup of the cheese along with remaining spices. Set aside.
3. Halve the zucchini lengthwise and scoop out center (boat).
4. Place about ¼ cup of the chicken mixture into each “zucchini boat” add additional filling to use all. Put in a 2- to 3-quart baking dish.
5. Top the rolls with the remaining 1 cup salsa and cheese
6. Bake until the cheese is melted, and the filling is hot, about 25 minutes. Let cool for a few minutes. Thin the sour cream out with a little water and drizzle over the enchiladas.
7. Garnish with scallion greens
8. Additional toppings: sour cream or plain Greek yogurt, favorite hot sauce, or guacamole
- 9.

Nutrition Information:

6-8 servings, 1 boat, 116 calories, 11 g carbohydrate, 3.5 g fat, 12 g protein, ~300 mg sodium 3 g fiber

Adapted from food network: <https://www.foodnetwork.com/recipes/food-network-kitchen/zucchini-enchiladas-3757866#/>



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