

## Super Quick and Easy Green Chile Chicken Enchilada

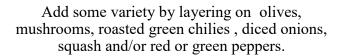
\*\* This recipe will not set up well without the "Fibergy" ingredient.

## <u>Ingredients to serve 6</u>

- 2 level tablespoons USANA Fibergy® to add fiber and make sauce the correct consistency.
- 22-26 oz. canned Green Chile Enchilada Sauce. (Be sure it is 25 calories or less per 1/4 cup serving.)
- 4 oz. can diced Green Chiles
- 1 3/4 cups shredded cheese
- 2 13 oz. canned white chicken Breast (Or to reduce sodium, use regular chicken breast boiled and diced.)
- 6 small Corn Tortillas or low carb whole wheat tortillas. (approx. 25 grams each)

## **Directions**

- 1. Drain all liquid from canned chicken.
- 2. Put chicken in bowl and break apart with fork.
- 3. Measure out your cheese and set aside.
- 4. Cut tortillas into quarters as shown here.
- 5. Mix together the diced chilies, Fibergy® and the Enchilada sauce.\*\*
- 6. Pour a small amount of sauce into bottom of pan just enough to cover the bottom.
- 7. Layer the bottom of the pan with eight quartered tortilla wedges as shown.
- 8. Layer on 1/3 of your chicken.
- 9. Sprinkle 1/3 of your cheese over your chicken.
- 10. Cover with a light layer of sauce.
- 11. Repeat the process until you have a triple layer of everything.
- 12. Bake uncovered in oven at 375 until bubbling. (20-25 minutes.)
- 13. Let set for 10-15 minutes before cutting into 6 portions.
- 14. Garnish with diced tomatoes, olives, plain Greek yogurt, or salsa as desired.
- 15. Serve with 1 or 2 vegetable side dishes of your choice. (Such as Spanish Cauliflower Rice or Nopalitos Cactus Salad)



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Nutritio Serving Size 274 g	n Facts
Amount Per Servin	ıg
Calories 270	Calories from Fat 79
	% Daily Value
Total Fat 9g	14%
Saturated Fat 3g	13%
Trans Fat 0g	
Cholesterol 65mg	22%
Sodium 1014mg	42%
Total Carbohydrate	24g 8%
Dietary Fiber 8g	30%
Sugars 3g	
Protein 29g	