



## Messy Mexi' Zucchini Enchiladas



1/2 of recipe (2 enchiladas): 221 calories, 9.5g total fat (4.5g sat. fat), 570mg sodium, 7.5g carbs, 1g fiber, 3g sugars, 26g protein

**Prep:** 20 minutes    **Cook:** 45 minutes



### Ingredients

One 6-oz. raw boneless skinless chicken breast cutlet  
2 medium-large zucchini (about 1 lb.)  
1/2 cup red enchilada sauce  
2 tbsp. light/reduced-fat cream cheese  
1/3 cup shredded reduced-fat Mexican-blend cheese  
Seasonings: chili powder, ground cumin  
Optional toppings: light sour cream, sliced black olives, chopped fresh cilantro

### Directions

Preheat oven to 375 degrees. Spray an 8" X 8" baking pan with nonstick spray. Lay a large piece of heavy-duty foil on a baking sheet, and spray with nonstick spray.

Place chicken on the center of the foil, and sprinkle with 1/4 tsp. each chili powder and cumin. Cover with another large piece of foil. Fold together and seal all four edges of the foil pieces, forming a well-sealed packet.

Bake for 25 minutes, or until chicken is cooked through.

Meanwhile, slice off zucchini ends. Cut four 1/8-inch-thick slices lengthwise from the center of each zucchini, for a total of 8 slices. (Reserve remaining zucchini for another time.) Lay 4 slices on a microwave-safe plate, and cover with a damp paper towel. Microwave for 2 minutes, or until mostly softened. Thoroughly blot dry. Repeat with remaining 4 slices.

In a small bowl, mix 1/4 cup enchilada sauce with cream cheese until mostly smooth and uniform.

Cut foil packet to release hot steam before opening entirely. Transfer chicken to a medium-large bowl, and shred with two forks. Add cream cheese mixture, and stir to coat.

Lay 2 zucchini slices vertically on a dry surface, slightly overlapping to form a rectangle. Spoon 1/4th of the chicken mixture (about 1/4 cup) onto the bottom of the rectangle. Carefully roll up slices over the filling, and place in the baking pan, seam side down. If needed, secure with toothpicks.

Repeat to make 3 more enchiladas. Top with remaining 1/4 cup enchilada sauce. Bake until hot and bubbly, about 15 minutes.

Sprinkle with shredded cheese. Bake until melted, about 3 minutes.

**MAKES 2 SERVINGS**

**HG Tip:** Use a [mandoline slicer like this one](#) for perfectly even zucchini slices. Bonus: That mandoline is a must for [DIY veggie chips](#)!

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