



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

Green Plan [SmartPoints](#)® value 5*

Blue Plan (Freestyle™) [SmartPoints](#)® value 4*

Purple Plan [SmartPoints](#)® value 4*

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](#)!

SmartPoints® value* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the **SmartPoints**® values* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

*The **SmartPoints**® values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the **SmartPoints**®

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