





Super Quick and Easy Green Chile Chicken Enchilada

** This recipe will not set up well without the “Fibergy” ingredient.

Ingredients to serve 6

- 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)

Add some variety by layering on olives, mushrooms, roasted green chilies, diced onions, squash and/or red or green peppers.

Nutrition Facts	
Serving Size 274 g	
Amount Per Serving	
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	

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