

## Low-Carb Chicken Enchiladas



### Prep:

25 mins

### Total:

45 mins

### Sirve:

6 servings

### Pieza:

Saladmaster Food Processor

11" Large Skillet with Cover

8" Chef's Gourmet Skillet

1.5 Qt. Double Walled Bowl

3.5 Qt. Double Walled Bowl

**Valora:** ★★☆☆☆

### Contribuido por:

Diana Valenciano

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### Descripción de la Receta:

Who doesn't love a good enchilada!? What we don't love are the carbs that come along with them. This recipe takes all the goodness of the chicken filling and sauce and takes the carbs out by substituting the tortillas for zucchini, you won't even miss the tortillas! They're delicious, full of flavor and a healthier alternative - so don't worry, you don't need to feel bad about getting that extra serving in!

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4 cups  
shredded chicken  
1 medium  
onion, strung, use Cone #2  
3 garlic cloves, shredded, use Cone #1  
1 cup  
cactus, cooked  
4 zucchinis, use a vegetable peeler to make long ribbons  
3 cups  
Monterrey jack cheese, shredded, use Cone #1  
½ cup  
mayonnaise  
¼ cup  
sour cream  
1 tsp  
salt  
2 cups  
green salsa  
1 cup  
Mexican cream, or table cream  
Garnish: Cilantro

### **Preparación :**

1. Preheat skillet over medium heat for 7-9 minutes until a sprinkle of water skitters and dissipates.
2. Add the onion and garlic and saute until the onion is translucent, approximately 3-5 mins. Add the cactus and cooked shredded chicken and warm through. Remove from heat and let cool. Once cooled, add the mayonnaise, sour cream and salt to the filling mixture and set aside.
3. Take the zucchini, wash it and cut the ends off. With a vegetable peeler, shave off ribbons that are the entire length of each zucchini and make them as wide as possible.
4. Layer 3-4 ribbons of zucchini to form a "zucchini tortilla" and add a spoonful of chicken filling and roll the enchilada up as tight as you can to ensure that nothing falls out while it's cooking. Do this until you are out of chicken filling or ribbons.
5. Add the salsa and cream to a small bowl and combine. Add a layer of sauce to the skillet and place your enchiladas over it. Once you have filled your skillet with the enchiladas, add another layer of sauce over them and sprinkle with cheese. Cover and cook for 20 mins.
6. Garnish with cilantro, queso fresco and jalapeños if desired.

### **Consejos:**

- Cactus can be bought already cooked and jarred in any supermarket
- Substitute the cactus for jalapeños or corn

Información nutricional por ración

**Calorías:** 259  
**Grasa Total:** 8g  
**Grasa** 5g  
**Saturada:**  
**Colesterol:** 76mg  
**Sodio:** 647mg  
**Carbohidratos:** 12g  
**Fibra** 4g  
**Dietética:**  
**Azúcar:** 3g  
**Proteína:** 29g