

SPINACH & CHICKEN ENCHILADAS

INGREDIENTS

Sauce :

- 1 tablespoon olive oil
- 3 garlic cloves, minced
- 1 tbsp flour
- 1 cup vegetable broth (you could use chicken stock)
- 2 teaspoons of cumin
- 1/4 teaspoon salt
- 1/4 teaspoon fresh ground pepper
- 1/2 cup fresh chopped cilantro
- 1 cup salsa verde (I used medium because we like it spicy!)
- 1/2 cup sour cream

INSTRUCTIONS

Enchiladas:

- 3-4 cups cooked chicken breasts, shredded
- 16oz of fresh baby spinach (washed & shredded)
- 1 cup Monterey cheese
- 1 cup shredded Mexican blend cheese (and a little extra for topping dish)
- 1 cup of ricotta cheese
- 1 cup cottage cheese
- 8 flour tortillas

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SPINACH & CHICKEN ENCHILADAS CONTINUED

INSTRUCTIONS CONTINUED

Preheat your oven to 375 degrees.

1. In a medium sauce pan, saute garlic in olive oil for about 1 minute on medium heat.
2. Stir in flour let it cook for about a minute and then add in vegetable broth and bring to a simmer.
3. Add seasonings and remove from heat. Stir in the sour cream, salsa verde and cilantro and mix until it is smooth.
4. Prepare a 9X13 inch baking dish with nonstick spray and evenly cover the bottom of the pan with about half a cup of the enchilada sauce.
5. In a separate mixing bowl combine chicken, spinach, and cheeses and mix well. (Feel free to adjust the cheese proportions as you like. I used a little more of the ricotta cheese than the recipe called for to make the filling more creamy)
6. Lay out a tortilla and add the filling mixture to one side and roll it up. Place the rolled tortilla in the baking dish seam side down. Repeat until all tortillas have been filled.
7. Pour the remaining enchilada sauce over the rolled up tortillas and sprinkle extra shredded cheese on top. (I used what was left of the Mexican blend and Monterey cheeses for my topping and also sprinkled in a little leftover fresh cilantro)
8. Bake for approximately 20 minutes or until cheese is bubbling.

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