

# Healthy Food for a Wealthy Mood

advice for | **life**<sup>SM</sup>



## Zucchini Enchiladas

- 2 tablespoons extra-virgin olive oil
- 1 medium onion, chopped
- 1 poblano pepper, seeded and chopped
- 3 cups cooked, shredded chicken breast
- 1 cup shredded Mexican-blend cheese
- 1 (15 ounce) can enchilada sauce
- 3 medium zucchini, trimmed
- ½ cup sour cream
- 3 tablespoons reduced-fat milk
- Shredded romaine lettuce, chopped cilantro for garnish

## Cooking Instructions

- Preheat oven to 425°F. Heat oil in a large skillet over medium-high heat. Add onion and poblano. Cook, stirring frequently, about 6 minutes. Transfer to a large bowl. Add chicken, ½ cup cheese and ½ cup enchilada sauce. Stir to combine; set aside. Using a vegetable peeler or mandolin slicer, slice zucchini lengthwise into thin strips. Spread ¼ cup enchilada sauce on the bottom of a 9-by-13-inch baking dish. Lay three strips of zucchini on a clean work surface, overlapping the edges. Place 2 tablespoons of the chicken filling across the middle of the zucchini strips. Gently roll the zucchini strips around the filling and place seam-side down in the prepared dish. Repeat with the remaining zucchini strips and filling. Top the zucchini rolls with the remaining cup enchilada sauce and cheese. Bake 20 to 25 minutes. Whisk sour cream and milk together in a small bowl. To serve, top enchiladas with lettuce and cilantro, and drizzle with sour cream mixture. *Tip: The strips should be able to roll around the filling without breaking. Test a few strips to make sure you have the right thickness. If they break, slice them thinner.*

## Nutrition Facts

Serving size: 4 enchiladas. Per serving: 443 calories; 32 g fat(14 g sat); 2 g fiber; 12 g carbohydrates; 27 g protein; 118 mg cholesterol; 5 g sugars; 316 mg sodium; 694 mg potassium.

Catherine Stahl Scheuber, CRPC®  
Chartered Retirement Planning Counselor  
Financial Advisor  
303-963-5705  
catherine.scheuber@lpl.com

 **LPL Financial**

Member FINRA/SIPC