

Cabbage Roll Chicken Enchiladas

This flavorful recipe uses five ingredients or less (not including basics you probably already have in your kitchen, like salt, pepper and oil) and prove that you don't need much to make a great meal. Corn tortillas add grain and starch/sugar to a meal, but in this recipe you don't miss it!

Active: 30 mins

Total: 50 mins

Servings: 6

Nutrition Profile:

Low Calorie, Egg Free, Gluten Free, Nut Free, and Soy Free!



Ingredients

- 12 Savory cabbage leaves
- 2½ cups shredded cooked chicken
- 3 cups refried beans (added chili optional)
- 1¾ shredded cheese of your choice
- 1 to 2 cups red chili (or green enchilada sauce)
- ½ cup chopped onions

Directions

Preheat oven to 350 degrees F.

- Bring a large pot of water to a boil. Add cabbage leaves and cook for 1 minute. Drain and rinse with cold water. Pat dry.
- Combine chicken, refried beans and ¾ cup cheese in a medium bowl. Coat the bottom of a 9-by-13-inch baking dish with a few tablespoons enchilada sauce. Fill each cabbage leaf with about 1/3 cup of the chicken mixture and roll into an enchilada. Place, seam-side down, in the baking dish (they will be snug). Drizzle with the remaining enchilada sauce and sprinkle with the remaining 1 cup cheese.
- Bake until heated through and the cheese is melted, about 20 minutes. Sprinkle with cilantro, if desired.
- You can make ahead for a quicker meal; just assemble enchiladas through
- Refrigerate for up to 1 day.
- Serving Size: 2 Enchiladas

Per Serving: 347 calories; protein 24.4g; carbohydrates 18.3g; dietary fiber 5.3g; sugars 0.7g; fat 21g; saturated fat 11.1g; cholesterol 83.5mg; vitamin A 1350.4IU; vitamin c 18.8mg; folate 42.9mcg; calcium 302.1mg; iron 2mg; magnesium 32mg; potassium 238mg; sodium 759mg; thiamin 0.1mg.

Exchanges: 2 Lean Protein, 1 Fat, 1 High-Fat Protein, 1 Starch, 1 Vegetable