

# Skinny Chicken Enchiladas

**Yield:** 4

Prep Time: 10 minutes

Cook Time: 35 minutes

## Ingredients:

4 cups shredded chicken breasts

6 large flour tortillas

1 jar Trader Joe's Hatch Valley Salsa or 12 ounces green salsa

½ medium yellow onion (minced)

¼ cup plain yogurt

Salt to taste

½ teaspoon garlic powder

½ teaspoon cumin

1 teaspoon oregano

½ cup shredded cheddar cheese

1. Preheat oven to 375 degrees.
2. Heat medium saucepan to medium-high heat. Add 1 tablespoon of avocado oil and onion until soft and translucent. Add shredded chicken, yogurt and ½ jar of green salsa, season with salt, garlic, cumin, and oregano. Stir to combine and simmer for 3 minutes.
3. Divide the chicken mixture between 6 tortillas and roll.
4. Place rolled enchiladas in medium glass baking dish and bake for 25 minutes. Remove from oven and drizzle about ½ of the remaining salsa over the enchiladas and sprinkle with cheese. Return to oven for additional 5-7 minutes until cheese is well melted.