

Chicken Enchiladas Suizas Casserole



Plan Z Phase: This is a Z3.5 (ZReboot3.5) recipe.

Servings: Serves 3. Can be double easily and baked in a 9 X 13" casserole.

This is my favorite dish to order in a Mexican restaurant. Trouble is they wrap it in several rolled-up tortillas. This is much better for you if you make it with one tortilla and do it as a casserole. Just as yummy.

Ingredients:

- 1 package (approx. 1 lb) of chicken tenders. Trim off the white membranes
- 2 Tbl of butter
- 1/2 cup of chopped onion
- 1/2 cup of chopped green bell pepper
- 1/2 cup of chopped red bell pepper
- 2 cups of shredded cheddar
- 3 Tbl of diced green chilies
- 1/2 cup of green salsa (salsa verde)
- 2 tsp of cumin

- 2 Chipotle peppers in adobo sauce, minced
- Grated sea salt and pepper to taste
- 1 large low carb tortilla (12")
- 8 ounces of Monterey Jack cheese

Instructions:

Preheat oven to 350 degrees. Spray your 9 X 9" pan with cooking spray. Put in the chicken tenders and place in the oven to bake for approximately 20 minutes or until you cut into them and there is no pink. Take them out of the oven and set them aside to cool. Wash out the pan and start the making of the rest of the filling.

Melt the butter in a sauté pan over medium heat. Then add the onion and bell pepper bits and sauté until they are loose.

Take two forks and shred the chicken tenders.

Now it's time to get ready to assemble.

Get out a large bowl. Add the shredded chicken, the onion and pepper bits, the cheddar cheese, chili peppers, green salsa, cumin, chipotle peppers and salt and pepper. Stir with the spatula until completely mixed up.

Spray your 9 X 9" oven-proof pan with olive oil spray. Press one of the low carb tortillas into the bottom of the pan and slightly up the sides. Then pour the chicken mixture on top. Spread it so it covers the tortilla. Top with the Monterey Jack cheese.

Top the casserole with aluminum foil and bake it for 30 minutes. Take it out of the oven and remove the foil. You can serve it as is or you can turn on your broiler and put it back in for a few minutes to broil the top and have a slightly crispy top.

Let it sit to rest for at least 10 minutes before you cut it. You want it to settle and if you try to eat it too soon, you'll scald your mouth. Cut with a sharp knife and use a spatula to take it out of the pan.

Enjoy!

Cheers,