



Cook Time: 45 mins

Serving Size: 2 enchiladas

Servings: 5

Ingredients

- Nonstick cooking spray
- 8 ounces cooked chicken breast, shredded
- 16 ounces fresh spinach
- 1 clove garlic, minced
- 1/2 teaspoon cumin
- 1 tablespoon fresh cilantro, chopped
- 1/4 teaspoon black pepper
- 1/2 cup cheddar cheese, reduced-fat
- 3 tablespoons grated Parmesan cheese
- 10 6-inch corn tortillas
- 8 ounce canned green chile enchilada sauce



Directions

- Preheat oven to 350 degrees F. Spray a large baking dish with cooking spray.
- Sauté spinach in 1 tablespoon of water until wilted.
- In a small bowl, combine spinach, garlic, cumin, cilantro, pepper, cheddar cheese, and parmesan cheese, mix until well incorporated. Add shredded chicken and mix well.
- Scoop 1/4 cup chicken-spinach mixture into a tortilla. Roll tortilla and place seam side down in a baking dish. Repeat process for remaining tortillas.
- Pour enchilada sauce over tortillas. Bake 25 minutes.

Nutrition Facts

5 Servings	
Serving Size	2 enchiladas
Amount per serving	
Calories	270
Total Fat 7g	
Saturated Fat 2.5g	
Cholesterol 50mg	
Sodium 455mg	
Total Carbohydrate 29g	
Dietary Fiber 5g	
Total Sugars 1g	
Protein 23g	
Potassium 545mg	

Recipe source: Diabetes Food Hub



The amount of carbohydrates (carbs) that someone may be recommended to eat in a day depends on multiple factors - age, body size, activity level, and medicines taken. To determine how many carbs you should be eating, please follow-up with your doctor, registered dietitian, or certified diabetes care and education specialist. The American Diabetes Association created *Diabetes Plate Method* is an easy tool to assist with creating a balanced meal to manage blood sugar.

Learn more at diabetes.org | 1-800-DIABETES (800-342-2383)