

ZUCCHINI CHICKEN ENCHILADA ROLL-UPS



ingredients:

- 4 large zucchinis
- Vegetable oil cooking spray
- 1 ½ cups shredded cooked chicken breast
- 1 ½ cups diced red onion
- 1 yellow pepper, diced
- 1 jalapeno, diced
- ¾ cup enchilada sauce
- 1 teaspoon garlic powder
- 1 Tablespoon paprika
- 1 teaspoon chili powder
- ¼ teaspoon salt
- ½ teaspoon pepper
- Juice of 1 lime
- Vegetable oil cooking spray
- 1/3 cup shredded, part-skim mozzarella cheese
- ¼ cup fresh cilantro, chopped

directions:

1. Preheat oven to 400 degrees F. Slice zucchinis lengthwise with a paring knife or mandoline.
2. Spray a skillet with vegetable oil cooking spray and heat to medium-high heat. Place zucchini slices in pan and saute until they are pliable, about 2 minutes on each side.
3. Remove slices from pan and place on paper towel. When cool, pat dry with another paper towel. Repeat until you have enough slices to roll (approximately 28).
4. In a large mixing bowl, combine shredded chicken, onion, yellow pepper, jalapeno, enchilada sauce, garlic powder, paprika, chili powder, salt, pepper and lime juice and mix thoroughly.
5. Spray a 9-inch springform pan with vegetable oil cooking spray. Spread chicken mixture on a slice of zucchini and roll into a tight spiral. Place in springform pan, spiral side up, and repeat until pan is filled.
6. Bake in oven for 15 minutes. Sprinkle shredded mozzarella on top and bake for 10 more minutes until cheese has melted.
7. Remove the sides of the pan, transfer rolls to a plate and sprinkle with cilantro. Serve immediately.

Yield: 6 servings

Nutrition Information Per Serving:

209 calories
5 grams fat
2 grams saturated fat
50 mg cholesterol
433 mg sodium
20 grams carbohydrates
4.5 grams fiber
24 grams protein

Food exchanges:
4 vegetable, 2 meat



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