

## Chicken Enchilatrada

### Ingredients:

- 1 Tbsp vegetable oil
- ¼ cup sliced white onion
- 1 cup fresh cilantro, chopped
- 7 oz salsa verde (green chili salsa)
- 2 cups cooked chicken breast, diced, cubed, or shredded
- ½ cup chicken broth
- Salt and pepper, to taste

### Directions:

1. Heat oil in a medium saucepan over medium heat. Add onion and sauté until soft, then stir in cilantro.
2. Add salsa and season with salt and pepper to taste. Reduce heat to low and simmer for 3-5 minutes.
3. Add cooked chicken and broth, mix all together and heat through. Serve hot.

### **For Our Program:**

#### *Nutrition Information:*

Servings = 4

Carbohydrates per serving = 3g