Dinner, Latin American

Cheesy Chicken and Spinach Tortilla Rolls

Shredded chicken and a cheesy spinach filling are rolled into warm corn tortillas and baked under a savory green sauce. The rolls come out tender with a bubbling, flavorful topping.



Nut free

20 min	270	28 g	1 g
time	calories	carbs	sugars

Ingredients, 5 servings

- [ ] 1 spray, 0.25g nonstick cooking spray
- [ ] 12 oz cooked chicken breast (shredded)
- [ ] 9 oz frozen spinach (chopped, thawed and drained)
- [ ] 1 clove garlic (minced)
- [ ] 1/2 tsp cumin
- [ ] 1 tbsp fresh cilantro
- [ ] 1/4 tsp black pepper
- [ ] 3/4 cup cheddar cheese (reduced-fat, shredded)
- [ ] 12 small corn tortillas (6-inch, heated)
- [ ] 3/4 cup canned green enchilada sauce

Method

- [ ] **1** Heat the oven to 350 degrees F and coat a large metal or glass baking dish with the nonstick cooking spray.
- [ ] **2** Stir the frozen spinach, garlic, cumin, fresh cilantro, black pepper, and cheddar cheese together in a small bowl, then fold in the shredded cooked chicken breast until evenly mixed.
- [ ] **3** Spoon 1/4 cup of the filling down the center of each heated corn tortilla, roll it up, and place it seam side down in the baking dish, repeating with all 12 tortillas.
- [ ] **4** Pour the canned green enchilada sauce over the rolled tortillas and bake for 25 minutes.

Nutrition Facts

Per serving

Calories	**270**
Total fat	7 g
Saturated fat	2 g
Sodium	390 mg
Total carbs	28 g
Fiber	1 g
Total sugars	1 g
Protein	23 g

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