

Quick Chicken Enchilada Bowls

Nutritional Highlights

- This recipe is an upgraded twist to a traditionally heavy comfort food.
- Adding beans and plenty of vegetables ensures this bowl provides plenty of fiber to keep you full throughout the day.

Servings: 4

Ingredients

- 2 Tbsp olive oil
- 1 small onion, diced
- 1 clove garlic, minced
- 1 small zucchini, diced
- 1/2 cup grated carrot
- 1 large chicken breast, cooked and shredded
- 1 (4 oz) can fire roasted green chiles
- 1 (15 oz) can black beans, rinsed and drained
- 12 oz fresh salsa
- 1/2 tsp cumin
- Salt & pepper, to taste
- 4 corn tortillas, sliced

Optional toppings:

- Avocado, sour cream, shredded cheddar cheese, cilantro

Directions

- Heat olive oil in large skillet over medium heat. Saute onion, garlic, zucchini, and grated carrot until they start to become tender, about 5 minutes.
- Stir in chicken and cook 2 minutes until heated thoroughly. Add green chiles, beans, salsa, and cumin. Season with salt and pepper, to taste.
- Bring mixture to a quick boil, then reduce heat to low. Stir in sliced tortillas, just to moisten.
- Serve with desired toppings and enjoy!