



## Dinner: Chicken Enchiladas

Serves: 4

1 tablespoon canola oil  
1/2 cup chopped onion  
1/2 cup chopped celery  
1 tablespoon all-purpose flour  
1/2 cup homemade chicken stock\*  
1/2 teaspoon ground cumin  
1/4 teaspoon salt  
Pinch cayenne pepper  
4 cups shredded cooked chicken  
2 cups baby spinach  
4 whole wheat flour tortillas  
Salsa  
3/4 cup shredded Mexican blend cheese  
1 avocado, diced

### Directions:

1. Preheat oven to 350 degrees F. Spray a 9x9 square baking dish with nonstick cooking spray and set aside. Heat oil in a large skillet over medium heat. Add onions and celery and sauté for 2-3 minutes. Sprinkle with flour and cook for an additional 1 minute to allow the flour to cook. Stir in chicken stock, cumin, salt, and cayenne pepper. Add chicken and spinach and mix to combine (if mixture appears too dry, add more chicken stock). Fill each tortilla with the chicken mixture, roll up, and transfer to prepared baking dish. Top with 1/2 cup salsa and cheese and bake for 10 to 12 minutes until cheese is melted. Serve with an additional salsa and diced avocado.

### Extra Prep:

- Pick chicken from 2 rotisserie chickens for enchiladas.
- Reserve the bones and scraps from the rotisserie chickens to make Homemade Chicken Stock.
- You can replace homemade chicken stock with store-bought, low sodium version.

### \*Homemade Chicken Stock

Makes about 10 cups

Bones and scraps of 2 rotisserie chickens (2-3 pounds each)

2 carrots, cut in half

2 stalks celery, cut in half

1 onion, quartered

1 bay leaf  
2 cloves garlic, whole  
1 and 1/2 teaspoons kosher salt  
2 teaspoons peppercorns  
1/2 bunch fresh parsley  
1 dried chili-pepper (optional)  
Water

**Direction:**

1. Place chicken, vegetables, herbs, and spices in a large stock pot. Add enough water to cover contents and bring to boil. Reduce heat and simmer for 2 hours. Strain and transfer to containers.