

## RECIPE

# Plant-Based Salsa Verde Chicken Enchiladas

This healthier Plant-Based Salsa Verde Chicken Enchiladas recipe is made with baby spinach, grilled corn and dairy-free vegan shredded cheese. This enchilada recipe uses your favorite store-bought vegan salsa verde and protein-packed plant-based shredded chicken for an easy weeknight dinner!

Serves **4**

## Ingredients

- 4 plant-based chicken cutlets, shredded
- 2 Tbsp olive oil
- 2 cups salsa verde (your favorite vegan store bought brand)
- 5 ounces baby spinach, chopped
- 1 ½ cups frozen grilled corn
- ½ tsp garlic powder
- ½ tsp onion powder
- ½ tsp ground cumin
- 8 tortillas (large corn, flour or whole wheat)
- 2 cups shredded vegan three cheese mexican blend
- salt & ground black pepper to taste
- FOR THE TOPPINGS:
- 2 ripe avocados, sliced or diced (make sure you squeeze lime juice - or they will turn brown)
- ¼ cup fresh cilantro leaves, washed and dried
- 3 Tbsp red onion, finely diced
- 2 limes, cut into wedges
- 3-4 radishes, thinly sliced
- 1 jalapeño, thinly sliced rounds & remove the seeds

## Preparation

1. **Preheat the oven to 375 F - 400 F degrees.**

2. **Heat a medium frying pan or skillet over medium heat, heat oil and add the shredded plant-based chicken. Using a heat safe spatula or wooden spoon- brown the shredded chicken, stirring occasionally so it doesn't stick to the bottom of the pan. Reduce heat to low and add the spices and mix well to coat the plant-based chicken. Add the corn, baby spinach and cook until the spinach has wilted. Shut off the heat and place mixture into a mixing bowl, set aside until you're ready to assemble the tortillas.**
3. **Place a skillet or a non-stick frying pan on medium heat and heat up your tortillas(no oil, dry). Make sure you allow enough time for the tortillas to get lightly browned on both sides. Wrap your warmed tortillas in a clean dish towel so they will remain warm.**
4. **Spoon half the salsa verde sauce onto the bottom of an oven proof dish or serving pan. Making sure you are covering the entire bottom surface with sauce.**
5. **Start assembling your enchiladas.** Place a tortilla on a clean work area and add a spoonful of the plant-based chicken mixture, add some vegan cheese, and roll the tortilla gently/tightly away from you. Make sure you place the tortilla seam side down onto the baking dish. Repeat this process until all the tortillas have been filled. Gently spoon the rest of the salsa verde on each of the filled enchiladas, sprinkle the remaining plant-based cheese evenly on top of each enchilada. Place into your preheated oven and bake for about 25-30 minutes or until the plant-based cheese has

melted & browned. Remove the enchiladas from the oven.

6. **Add & garnish with all the topping making sure you squeeze some lime over the avocados.**
7. **Serve each plate with a lime wedge & Enjoy!!**

## **Tips**

You can also prepare this recipe gluten-free by using gluten-free tortillas made with corn or cassava flour. You can also add more vegetables in the filling: bell peppers & onions. Serve this dish with your favorite black bean recipe or salad.