



# CP'S TEX MEX CHICKEN ENCHILADAS



**MAKES:**  
12

**SERVING SIZE:**  
2 ENCHILADAS

**CALORIES PER SERVING** 237 kcal

**P** 22g

**C** 30g

**F** 3g

NET CARBS: 30g

**PREP AND COOK TIME:**



**PREP TIME**  
15 MINUTES



**COOK TIME**  
25 MINUTES



**TOTAL TIME**  
40 MINUTES

## EQUIPMENT NEEDED:



Blender or food processor



Mixing Bowl



Baking dish

## INGREDIENTS:



12 corn tortillas (medium size, 6-inch)



16 oz (450g) Chicken - Cooked and shredded



1 cup (240g) nonfat refried beans



1 cup (120g) reduced-fat Monterey Jack cheese



1 cup (240g) red enchilada sauce



½ cup (120g) nonfat plain Greek yogurt



1 tsp (5g) low-sodium soy sauce (for umami depth!)

## INSTRUCTIONS:

### 1 Blend the Sauce:

In a blender or mixing bowl, combine red enchilada sauce, Greek yogurt, and soy sauce, whisking until smooth.



### 2 Prepare the Filling:

In a mixing bowl, combine shredded chicken and nonfat refried beans, stirring to blend evenly.



### 3 Assemble the Enchiladas:

Fill each tortilla with chicken & bean mixture, roll tightly, and place seam-side down in a lightly greased baking dish.



### 4 Top & Bake:

Pour the enchilada sauce evenly over the enchiladas. Sprinkle reduced-fat cheese on top. Bake at 375°F (190°C) for 20 minutes, or until the cheese is melted and bubbly. **Serve & Enjoy!**



## COMPARISON TO RESTAURANT QUESADILLAS:

Category	CP's Tex Mex Chicken Enchiladas	Traditional Enchiladas Suizas
Calories	237 kcal	650 kcal
Protein	22g	40g
Carbs	30g	58g
Fat	3g	25g
Net Carbs		
Cost per serving	\$2.07	\$3.25



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MAKES # SERVINGS  
RECIPE TOTAL COST:  
\$12.40