



NEW MOON FITNESS GLUTEN & DAIRY FREE RECIPES
Paleo Fiesta Enchiladas



Here's one that has become a staple. LOTS of flavor and ways to make it more convenient.

Serves: 4 (4 small enchiladas)

Macros/serving: Fats 8.25g Carbohydrates 45g Proteins 25g

PREP TIME: 30 mins | COOK TIME: 30 min | TOTAL TIME: 80 mins

Ingredients

For the enchilada sauce:

- 2 T coconut oil
- 1 T chili powder
- 1/2 t garlic powder
- 1/2 t oregano
- 1/4 t ground cumin
- 1/2 t coarse salt
- 1/8 C arrowroot
- 3 C chicken stock
- 1 t apple cider vinegar

For the Enchiladas

Directions

1. Melt the coconut oil in a 4 quart pot over medium high heat, add the chili powder, garlic powder, oregano, cumin, and salt.
2. Add the arrowroot, and then pour in the stock and apple cider vinegar whisking constantly until the sauce thickens.
3. Remove from heat.
4. Preheat oven to 425F. Grease 9x13 oven safe dish.
5. Mince the onion; dice zucchini finely, and deseed and finely dice red peppers. Mince cilantro and shred the cooked chicken.
6. In a large pan over medium high heat, heat coconut oil, add minced onions and cook until they begin to soften. Add red

- 1 T coconut oil, for greasing and cooking
 - 1 onion
 - 1 small zucchini
 - 1 bell pepper
 - 1/4 bunch cilantro
 - 2 cups cooked chicken
 - 16 sm. gluten free tortillas (coconut flour or corn 20g carbs/2)
- pepper and zucchini; cooking until the veggies are just tender.
7. In a large bowl add the shredded chicken, veggie mixture, 1 cup enchilada sauce, and half the cilantro. Stir to combine.
 8. Spoon about 1/4 cup of the filling evenly down the center of the tortilla. Roll up the tortilla around the filling, and place in prepared baking dish, seam side down. Repeat with the remaining filling
 9. Pour sauce over enchiladas. Bake for 25-30 minutes until bubbly.
 10. Allow to cool for 10-20 minutes.
 11. Warm leftovers in a pan on the stove or in the oven, covered.

Notes

- Shred a chicken roaster from your local grocer instead of cooking your own chicken
- If you don't like the flavor of coconut, use refined coconut oil or avocado oil
- Make extra servings and store in the refrigerator -- cooks up in 30 mins