Thai Chicken Enchiladas

Recipe by: Chef Jonathan Poyourow, RD, LD
Yield: 6 servings (2 per person)

Ingredients:

1 tablespoon peanut oil
1 sweet onion, sliced thinly
¾ cup cabbage, shredded
¾ cup carrots, shredded
4 each garlic cloves, minced
6 boneless, skinless chicken breast, sliced into ¼ inch thick pieces
4 green onions, sliced
1 cup peanuts, chopped
½ cup cilantro, chopped
2 ½ cups light coconut milk
½ cup sweet chili sauce
12 each flour tortillas (10-12" size)
Salt and pepper, to taste

Method of preparation:

1. Preheat oven to 350 degrees.
2. Heat a large skillet over medium heat and add peanut oil. Toss in onions, cabbage, carrots, garlic and ¼ teaspoon salt, stirring to mix. Let cool until vegetables are soft, about 6-8 minutes, stirring occasionally.
3. Add in chicken, green onions, peanuts, cilantro, remaining salt and pepper, tossing to coat, and let cook for 1-2 minutes or until chicken is cooked through. Add in ¾ cup coconut milk and 1/3 cup sweet chili sauce, mixing thoroughly to combine. Turn off heat.
4. Spray a 9×13 baking dish with nonstick spray.
5. Whisk together remaining coconut milk and sweet chili sauce. Pour ½ cup of mixture into the bottom of the dish.
6. Take the tortillas and place ¼ to ½ cup of the chicken mixture into them. Roll them up and place into the baking dish. Cover with the remaining coconut milk sauce.
7. Bake for 20 minutes, then remove and top with additional peanuts and cilantro.

Nutritional analysis *(per serving):*

Calories:	428	Carbohydrates:	86 g	Folate:	0 mcg
Total Fat:	32 g	Fiber:	7 g	Calcium:	0 mg
Saturated Fat:	6 g	Cholesterol:	75 mg	Iron:	0 mg
Protein:	43 g	Vitamin B-12:	0 mcg	Sodium:	1174 mg

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