

Layered Zucchini Enchiladas

Ingredients:

2 tablespoons olive oil
1 medium onion, chopped
1 Poblano pepper, seeded and chopped
3 cups shredded cooked turkey breast
1 cup shredded Mexican cheese blend
1 ½ cups red enchilada sauce
1 pound zucchini, trimmed and sliced lengthwise (about 1/8th inch)
1 medium avocado, sliced

Directions:

Preheat oven to 425° F. Spray a 13x9 inch pan with cooking spray. Heat oil in a large skillet over medium-high heat. Add onion and Poblano pepper. Cook until the vegetables are softened and turning golden brown (6-7 minutes), stirring often. Transfer to a large bowl and add the turkey, ½ the cheese and ½ cup enchilada sauce. Stir to combine.

Spread ¼ cup enchilada sauce in the bottom of the baking dish. Lay a single layer of zucchini strips on top of the sauce. Spread 1/3 of the turkey mixture on top of the zucchini. Top with ¼ cup enchilada sauce. Repeat layers two times. Top with remaining cheese. Bake until the sauce is bubbly and the zucchini is soft, 20-25 minutes. Let cool 10 minutes before serving. Top with avocado slices. Makes 8 servings.

Nutrition Info: (1 serving)

Calories: 245
Fat: 14 grams
Saturated Fat: 5 grams
Carbohydrate: 9 grams
Fiber: 2 grams
Protein: 20 grams
Sodium: 342 mg.
Exchanges: 3 lean meat, 2 vegetable, 1 fat