

One Pan Chicken Zucchini “Enchiladas”

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Recipe Ingredients:

- 2 tbsp olive oil
- 1 small yellow onion diced
- 2 cloves garlic minced
- 16oz. shredded chicken
- 15oz. black beans, drained
- 15oz. can corn, drained
- 19oz. red medium enchilada sauce
- 1 lime juiced
- 1 tsp salt
- 1tsp cumin
- ½ tsp chili powder
- 3 Large zucchinis
- 2 cups shredded Mexican style cheese
- Sour cream, for serving
- Cilantro, for serving



Preparation Method:

1. In a pan over medium heat, add oil and onions and cook until the onions are translucent
2. Add garlic and stir to combine, cook for 1 minute
3. Add shredded chicken, black beans, corn, ½ the can of enchilada sauce, lime juice, salt, cumin, and chili powder. Stir until combined. Cook over medium heat until mixture is hot
4. While chicken mixture is cooking, cut off the ends of each zucchini, and then using a vegetable peeler, peel each zucchini lengthwise into wide strips
5. Pour cooked chicken mixture into large bowl
6. Place 4 zucchini strips on a plate and spoon a large amount of chicken mixture at the bottom of the strips and top with a small amount of cheese
7. Fold the ends of the zucchini over the mixture and continue to roll tightly into an “enchilada”
8. Cover the bottom of the pan with enchilada sauce then transfer the zucchini rolls into the pan
9. Pour the remaining enchilada sauce over the rolls and top with remaining cheese
10. Place fitted lid tightly over the pan and let simmer for 10 minutes or until zucchinis are cooked through
11. Turn off heat. Allow “enchiladas” to cool slightly while still in the pan with the lid on
12. Leave food in pan with lid on until ready to serve
13. Serve with sour cream and cilantro
14. Enjoy!



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