

# GREEN CHILE CABBAGE ENCHILADAS RECIPE

*yield:* **7 SERVINGS**

*prep time:* **25 MINUTES**

*cook time:* **25 MINUTES**

*total time:* **50 MINUTES**

*A fantastic keto alternative for your enchilada addiction!*

## INGREDIENTS

- 1 head of cabbage
- 3 cups shredded chicken
- 1 cup chicken broth
- 1 cup sour cream
- 2 (7 oz. cans) green chiles (14 oz. total)
- Handful of fresh cilantro
- salt & pepper to taste
- 1/2 teaspoon cumin
- 4 green onions, chopped
- 1 cup shredded cheese, optional

## DIRECTIONS

- 1 Preheat oven to 350 degrees F.
- 2 **For the Sauce:** Add the chicken broth to a saucepan over medium heat. Bring to a boil, then lower the heat and mix in the sour cream and green chiles.
- 3 Heat thoroughly but do not boil, and make sure to stir often. Let simmer for just a bit and the sauce should thicken.
- 4 Season with salt and pepper.
- 5 **For the Enchiladas:** Bring a large pot of salted water to a boil.
- 6 Peel the cabbage leaves – make sure to peel them gently, as you don't want them to tear. Tip: I ran the cabbage under warm water as I was peeling and this helped quite a bit.

- 7 Throw the cabbage leaves into the pot of boiling water for a couple of minutes. Remove and set on a paper towel to dry.
- 8 Mix the shredded chicken with chopped fresh cilantro, green onion, and shredded cheese (optional). I also seasoned well with salt, pepper, and cumin.
- 9 **To Assemble Enchiladas:** Take cabbage leaves and place the chicken mixture inside of them and roll up.
- 10 Put a tablespoon or so of the sauce in with the chicken mixture. Place each cabbage roll the baking dish and top with the rest of the enchilada sauce and shredded cheese.
- 11 Bake at 350° for about 20 to 30 minutes.

## NUTRITIONAL INFORMATION

Yield: 7 servings, Serving Size: 1 enchilada (Nutritional values do not include the optional cheese.)

*Amount Per Serving:* Calories: 285, Total Carbohydrates: 4g, Fiber: 3g, Net Carbohydrates: 1g, Total Fat: 16g, Protein: 19g

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