



EGGPLANT CHICKEN ENCHILADAS

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(Standard/Maintenance)

Okay... don't ignore this recipe just because it has eggplant in the title! In this recipe adapted from ketosummit.com, the eggplant is sliced very thin and the flavor is subtle. It also takes on all the flavors we crave in our favorite Mexican dishes. Just make sure to slice the eggplant thin enough so that it will be bendable and roll easily. This dish is fun and beautiful, but you can always cut the eggplant into cubes and make a skillet dish, as well (see below).

This recipe equals 4 servings. Each serving covers your fat, protein and vegetables for one meal.



INGREDIENTS

- 1 lb. chicken breasts, diced small*
- 1 medium eggplant
- 1 cup canned coconut cream (not milk)
- ½ onion, diced
- ½ bell pepper, diced (any color)
- 3 cloves of garlic, minced
- ½ can of tomato sauce



¼ cup virgin coconut or avocado oil
1 tsp. cumin powder
1 tsp. chili powder
1 tsp. dried oregano
Pink Himalayan salt & black pepper, to taste
Crushed red pepper flakes, optional

INSTRUCTIONS

Preheat oven to 350°F. Slice eggplant into long thin strips with a mandolin or sharp knife. Mix the coconut cream and tomato sauce in a small bowl and set aside.

In a skillet, add oil and sauté the chicken, onions, and peppers until chicken is done and vegetables are soft (approx. 10 minutes) – add in garlic, cumin, chili powder, oregano and crushed red pepper the last two minutes of cooking. Season with sea salt and pepper.

Pour in ½ of the tomato cream mixture, mixing well.

Spoon the chicken mixture on top of the eggplant slices and roll them up. Place the rolls on a parchment or greased, foil-lined baking sheet and bake for 30 minutes. Heat the other ½ of the tomato cream mixture and serve along with the enchiladas.

ANOTHER OPTION

If you are in a hurry, you can always sauté the chicken, onions, peppers and garlic together with the eggplant until chicken is done and vegetables are soft, adding spices the last two minutes of cooking. Just cut the eggplant into 6 cups of ½ inch cubes (you may need more oil, as eggplant is very absorbent). Add the tomato cream mixture and mix well. Serve in a bowl.

*You can always substitute the chicken for a pound of grass-fed ground beef, or add jalapenos or other peppers.