

CHICKEN-ENCHILADA STUFFED PORTOBELLO MUSHROOMS



Avocados From  **Mexico** TM

◆◆◆ ALWAYS IN SEASON ◆◆◆

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INGREDIENTS

1 medium Avocados From Mexico avocado, diced

4 large portobello mushrooms

8 oz (cooked) rotisserie chicken, white meat, shredded

½ cup sweet corn, canned, drained

2 TB green onions, sliced

½ cup reduced-sodium black beans

½ cup Mexican cheese blend (monterey Jack, cheddar)

1 cup enchilada sauce

1 TB flour

1 large tomato, diced

1 TB fresh lime juice

2 TB cilantro, chopped

Salt, pepper to taste

Non-stick vegetable oil cooking spray

INSTRUCTIONS

- 1.** Pre-heat oven to 375 degrees F (or grill).
- 2.** Prepare Portobello mushrooms by scooping the inside out of the bottom of the mushroom.
- 3.** Spray the outside of each mushroom cap with cooking spray and place on a baking sheet.
- 4.** In a large bowl, combine chicken, corn and green onions.
- 5.** In a small bowl, whisk together enchilada sauce and flour until there are no lumps.
- 6.** Spoon 2 TB of chicken mixture into each mushroom and top with 1–2 tsp of enchilada sauce. Top with shredded cheese.
- 7.** Bake in oven for 10 minutes until the cheese has melted and mushrooms are softened. Serve topped with diced tomato, avocado, cilantro and lime juice.

MAKES 4 SERVINGS

Nutrition Facts (Per serving = 1 mushroom cap) | Calories: 270, Total Fat: 12g (Sat. Fat: 3.5g) Cholesterol: 40mg, Sodium: 1230mg, Total Carbohydrate: 25g, Dietary Fiber: 6g, Sugar: 9g, Protein: 20g