



cara price

CHICKEN ENCHILADAS

INGREDIENTS

4 chicken breasts, boneless skinless
cashew sour cream (see below)
16 ounce jar salsa verde
1/2 cup cilantro
1/4 cup olive oil
1/4 cup lime juice
1 package taco seasoning
2 cloves garlic
1 teaspoon salt
8 grain free tortillas (I used cassava)
quality spray oil

to make the cashew sour cream:

1-1/2 cups raw cashews
1/2 cup water
2-1/2 teaspoons lime juice
2 teaspoons apple cider vinegar

soak the cashews in hot water for at least 30 minutes.

drain the cashews, then blend in a high speed blender with 1/2 cup fresh water, lime juice & apple cider vinegar. blend on high for at least 60 seconds, scraping the sides as needed.

continue blending until the cream is completely smooth.

leave in the blender to finish making sauce.

(see enchilada directions)

DIRECTIONS

preheat the oven to 350.

combine 1/4 cup olive oil, 1/4 cup lime juice & taco seasoning. rub the mixture all over the chicken breasts, then bake in a covered dish for 1 hour.

remove the chicken from the oven & shred. set aside in a medium size bowl.

add the jar of salsa, cilantro, garlic & 1 teaspoon of salt to the blender with the cashew sour cream. blend on low for 5 seconds, then pulse several times. the sauce should look completely blended but you still want the cilantro to have shape to it.

add 1 cup of the enchilada sauce to the bowl with the chicken & stir well.

spray the bottom of an 8x8 glass baking dish with oil & heat tortillas. evenly stuff tortillas with chicken mixture & roll tortilla around the chicken. line the rolled enchiladas into the pan, packing them very close together. repeat until all the chicken is used up.

pour the remaining enchilada sauce over the stuffed tortillas. cover with foil & bake 20 minutes at 350. then remove the foil & broil on high 5 minutes or until desired browning has been reached.