

Creamy Avocado Enchiladas: Your New Favorite Weeknight Meal

Chicken and Avocado Enchiladas in Creamy Avocado Sauce



OVEN
375°F

TIME
20-25 min

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INGREDIENTS

2 cups cooked chicken, shredded (rotisserie chicken works perfectly here for a shortcut!)
2 ripe avocados, diced (for the filling)
8 flour tortillas
1 cup shredded cheese (cheddar or Mexican blend are my go-to)
1/4 cup cilantro, chopped (fresh is best!)
1/4 cup green onions, chopped
2 ripe avocados (for the sauce)
1 cup sour cream (full-fat for extra creaminess, or light for a healthier option)
1 cup chicken broth
1/4 cup lime juice (freshly squeezed makes all the difference!)
2 cloves garlic, minced
Salt and pepper to taste

DIRECTIONS

- 1.** Preheat : Oven: Get your oven ready by preheating it to 375°F (190°C). Lightly grease a 9x13 inch baking dish.
- 2.** Prepare : Filling: In a large mixing bowl, combine the shredded cooked chicken, the two diced avocados (for the filling), chopped cilantro, and chopped green onions. Give it a good stir to ensure everything is evenly distributed.
- 3.** Assemble : Enchiladas: Divide the chicken and avocado mixture evenly among the 8 flour tortillas. Roll each tortilla up tightly and place them seam-side down in your greased baking dish.
- 4.** Make the : Creamy Avocado Sauce: In a blender, combine the remaining two ripe avocados (for the sauce), sour cream, chicken broth, fresh lime juice, minced garlic, and a generous pinch of salt and pepper. Blend until the sauce is completely smooth and creamy. Taste and adjust seasonings as needed.
- 5.** Sauce and : Cheese: Pour the creamy avocado sauce evenly over all the rolled enchiladas in the baking dish. Don't be shy - cover them completely! Then, sprinkle the shredded cheese generously over the top.
- 6.** Bake: Pop the baking dish into your preheated oven and bake for 20-25 minutes, or until the cheese is beautifully melted and bubbly, and the enchiladas are heated through.
- 7.** Garnish and : Serve: Once out of the oven, let them rest for a few minutes. Garnish with a bit more fresh cilantro and green onions if you like. Serve hot and enjoy every delicious bite!

SWAPS & NOTES

Chicken: If you don't have cooked chicken on hand, you can quickly cook some chicken breasts or thighs and shred them.

You could also use leftover turkey for a similar flavor profile.

For a vegetarian option, black beans or a mix of roasted vegetables would be delicious.

Tortillas: While flour tortillas are recommended for their softness and pliability, corn tortillas can be used for a more traditional flavor.

TIPS FOR SUCCESS

Ripe Avocados are Key: For both the filling and the sauce, make sure your avocados are perfectly ripe.

They should yield slightly to gentle pressure.

Under-ripe avocados won't blend smoothly, and over-ripe ones can taste off.

Don't Overfill: While it's tempting to load up the tortillas, overfilling them can make them difficult to roll and prone to breaking.

More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/creamy-avocado-enchiladas-your-new-favorite-weeknight-meal/>