



# greek yogurt guacamole

## ingredients

- 1 ripe avocado, diced
- 1/4 cup plain Greek yogurt
- 1/4 cup red onion, diced
- 1 tbsp. cilantro, chopped
- 1/2 cup tomatoes, diced
- 1/2 jalapeño, diced (optional)
- 1 tsp. lime juice
- salt and pepper to taste

## directions

Combine all ingredients in a medium bowl.

Mix to combine, making sure not to mash all of the avocado.

Serve immediately with your favorite chips or raw veggies.



# chicken & zucchini enchiladas

## ingredients

- 3 cups packed shredded chicken
- 1 zucchini, shredded, squeezed out
- 1 cup of canned or fresh corn
- 1 cup canned black beans, rinsed, drained
- 1/4 cup chopped cilantro
- 1 tsp ground cumin
- 2 1/2 cups tomatillo salsa
- 1 cup 2% Greek yogurt
- 1 cup crumbled cotija cheese
- salt and pepper
- 10, 8-inch corn tortillas
- 2 tbsp lime juice

## directions

Preheat the oven to 400°F. Combine the chicken, zucchini, corn, black beans, cilantro, cumin, 1/2 cup of tomatillo salsa, 1/2 cup of Greek yogurt and 1/2 the cotija cheese. Season with salt and pepper. Spread 1 cup of the tomatillo salsa in the bottom of a 9-by-13-inch baking dish. One tortilla at a time, spread 1/2-cup of the chicken filling down the middle of a tortilla and roll it up. Place seam-side down in the baking dish. Repeat. Spread 1-cup of tomatillo salsa over the top of the enchiladas and sprinkle with 1/2 cup of cotija cheese. Bake until bubbling and browned about 20 minutes. Let cool slightly.

Whisk the remaining 1/2 cup of Greek yogurt with the 2 tablespoons lime juice together. Season with salt and pepper. Drizzle the lime crema over the enchiladas and garnish with cilantro and chopped avocado.