

Green chili Enchilada



Ingredients:

1/2 white onion, diced
1 bell pepper, diced
1 zucchini diced
1 tsp kosher salt
2 tsp cumin
2 tsp chili powder
1 4 -oz. Can diced green chiles
1 10-oz. can mild green enchilada sauce
2 cloves garlic, minced
1 cup fresh or frozen corn
2 Tbsp. 1/3 less-fat cream cheese
3 cups cooked chicken breast, chopped and shredded
4 corn tortillas or low carb tortillas, chopped into 1-inch pieces
1/4 cup shredded cheddar or jack cheese

Nutrition facts:

Servings: 4
Amount per serving
Calories: 323
Total fat: 9
Total carbs: 17
Dietary Fiber 3.3

Directions:

1. Heat a heavy-bottomed skillet over high heat with a spritz of oil spray. Add the onions, bell peppers, zucchini, and spices and cook for 5 to 7 minutes until the veggies are tender. Turn the heat to low.
2. Add the green chiles, enchilada sauce, garlic, corn, and cream cheese. Cook and stir gently for 2 to 3 minutes until the cream cheese has melted into the mixture. Add the chopped chicken and chopped corn tortillas and combine well. If you need any more moisture add a little more green enchilada sauce, or you can use chicken broth or salsa verde. Combine well.
3. Top with shredded cheese and broil for 2-5 minutes or until the top is a little brown and the cheese is melty and bubbly.

August

2025



Ways To Celebrate National Wellness Month 2025

Prioritize Self-Care -Whether it's running a bubble bath, watching your favorite show, going for a walk, curling up with your favorite book, focus on activities that make you happy and relaxed.

Get Moving -No matter if it's a run around the park, trying out a new workout class, or walking, keeping active is the ultimate mood booster.

Unplug and Disconnect– Prioritize taking breaks from your screens and technology to recharge your batteries, it will do a world of good.

Treat Yourself With Healthy Foods- It's easy to opt for fast food and take-out, but experimenting with new recipes and whipping up some wellness eats will be great for your physical and mental health.

Focus On Better Sleep Habits- Sleep has a huge part to play in our physical and mental wellbeing. You should try your best to get around 7-9 hours of sleep per night and go to sleep at a similar time everyday. This way you'll feel energized and ready to take on the day.

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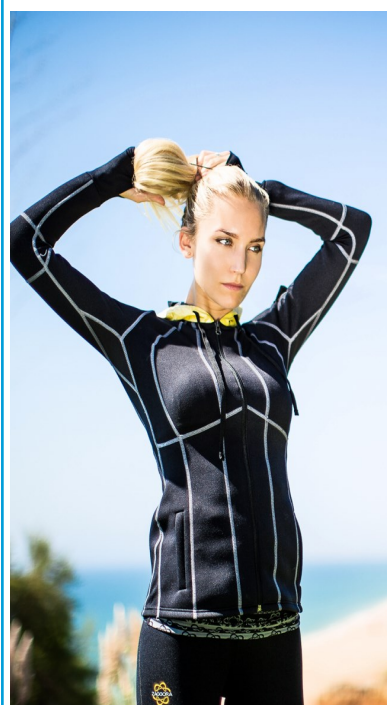
*“Increased Muscle Mass
Means a better calorie
burn throughout the
day, which leads to a
bigger fat loss when you
aren’t working out”*



Quick healthy snacks can help keep you and your children on track for a healthy lifestyle. Below are a few options!

Chopped fresh vegetables	Protein chips
Turkey pepperonis/ Turkey sticks	Protein shakes
P3 portable snacks	Low fat cheese sticks
Sugar free Jell-O	Turkey jerky
Sugar free pudding	Boiled eggs
Dannon Light + Fit Greek Yogurt	100 calorie nut packs

Remember that Healthy Size staff is here to assess you and support you through any troubles and life changes you may have through your journey. Being open with Healthy Size staff members keeps you accountable, knowledgeable and motivated. We are here to help you!



Want Glowing Skin? Eat Your Water

