

Green chili Enchilada



Nutrition Facts

Servings 4

Amount Per Serving

Calories 323

Total Fat 9.6

Total Carbohydrate 17.9

Dietary Fiber 3.3

Ingredients:

- 2 zucchini sliced thin
- 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

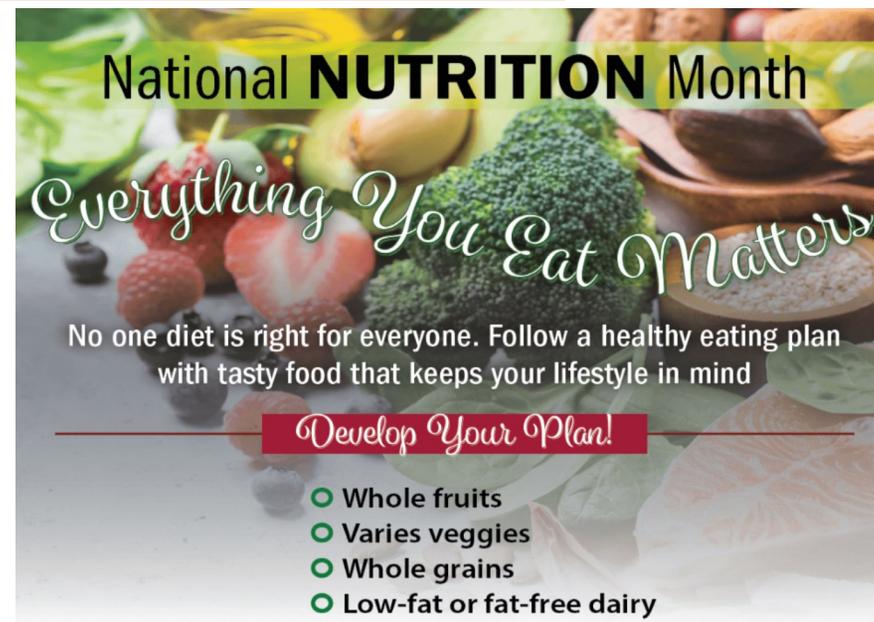
Directions:

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.

Optional: Top with fresh cilantro, avocado or any fresh veggies you like!



March 2026



No one diet is right for everyone. Follow a healthy eating plan with tasty food that keeps your lifestyle in mind

Develop Your Plan!

- Whole fruits
- Varies veggies
- Whole grains
- Low-fat or fat-free dairy
- Healthy proteins

This year's theme is "**Food Connects Us.**" Food is a connecting factor for many of us. Food connects us to our cultures, our families and our friends. Sharing a meal is an opportunity to learn about its preparation, who made it and where the ingredients were sourced. Health, memories, traditions, seasons and access can all impact our relationship with food. While these factors influence the foods we eat, **the foods we eat also affect our health.**

*Call us today and let's get you to **YOUR HEALTHY SIZE!***

1307 N. Cutting Ave
Jennings, LA 70546
(337)824-5200



Week 1 –Connect With your Food:

Learn cooking, preparation and meal planning skills.

Week 2: Connect with Healthy Size:

Receive personalized nutrition to meet your specific needs.

Week 3: Explore the connection between food and culture:

Experiment with different recipes and different ingredients. Enjoy your food with family and friends.

Week 4: Build the connection across all stages of life:

Learn how nutrient needs may change with age.

Include healthy food from all food groups.

Be Mindful of Portion Sizes.

Over consumption causes you to be overweight and/or obese. Excess weight increases the risk of developing different health issues, such as: high blood pressure, heart disease, diabetes, and other long-term chronic illnesses.

Here are some tips to keep you from over consumption.

Use standard measures, such as: tablespoons, cups and portion control scoops.

Buy smaller packages - The bigger the package, the easier it is to consume more.

Don't eat straight from the package –Remove one portion only.

Out of sight, Out of Mind -We tend to consume more when snacks are in plain sight. Store food out of sight.



Healthy Size now offers SEMAGLUTIDE and GLP-1 injections!

This is the NEW & effective weight loss peptide.

It slows gastric emptying making you feel full, resulting in decreased appetite.

Improves insulin resistance, improves A1c & reduces risk of cardiac events.

Easy as 1 –2–3

#1 See Our Physician on Staff

#2 Prescription Medication in clinic - same day start up

#3 Lose weight

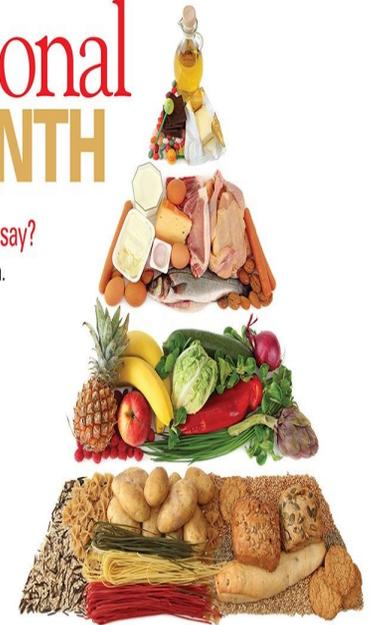
March is National NUTRITION MONTH

The Tale of Hunger Pains – What is your body trying to say?

- Cravings for beef could be an indication your body is low on iron.
- Lack of appetite could mean your body is low on vitamin B.
- Dehydration can be mistaken for mild hunger.

Kick Cravings to the Curb.

- Raw sea salt can help curb your craving for French fries or other salty foods.
- High protein snacks can help deal with cravings for sugar.
- Comforting experiences (like a massage or a hot bath) can help with cravings for comfort food.
- Eating raw seeds can help curb your desire for chocolate.



THE SKINNY ON DIETS



Number of dieters who return to their pre-dieting weight within three years

It is safe to lose 1 to 2 pounds per week.



Number of people who lose weight on a crash diet will keep the weight off