



Chicken, Kale, and Mushroom Chimichangas

Ingredients

2 cups unsalted chicken stock \$
2 (6-ounce) skinless, boneless chicken breast halves \$\$
3/4 cup salsa verde
2 ounces 1/3-less-fat cream cheese
1/2 teaspoon ground cumin
6 tablespoons chopped fresh cilantro, divided \$
1 tablespoon olive oil \$
1 cup chopped onion \$
4 garlic cloves, minced \$\$
8 ounces presliced cremini mushrooms
2 cups chopped Lacinato kale
1/4 teaspoon black pepper \$
8 (8-inch) flour tortillas
3 ounces preshredded reduced-fat 4-cheese Mexican blend cheese (about 3/4 cup)
Cooking spray \$
3/4 cup ripe peeled avocado, chopped \$
3 tablespoons 1% low-fat milk
2 tablespoons fresh lime juice, divided \$
2 cups chopped grape tomatoes \$

Directions

1. Combine stock and chicken in a saucepan over medium heat; bring to a simmer. Cook 8 minutes or until done. Remove chicken with a slotted spoon; let stand 10 minutes. Shred chicken; set aside. Drain cooking liquid through a sieve over a bowl, reserving liquid; discard solids. Set aside 2 tablespoons liquid.
 2. Return remaining cooking liquid to pan. Add salsa verde; bring to a boil. Cook until reduced to 1 cup (about 11 minutes). Reduce heat to low. Add cream cheese and cumin; stir with a whisk until smooth. Remove from heat; stir in chicken and 1/4 cup cilantro.
 3. Heat a large skillet over medium heat. Add oil to pan; swirl to coat. Add onion, garlic, and mushrooms; sauté 8 minutes or until tender. Add kale, black pepper, and reserved 2 tablespoons cooking liquid. Cook 2 minutes or until kale wilts, stirring occasionally. Add kale mixture to chicken mixture. Divide chicken mixture evenly among tortillas. Top each with about 1 1/2 tablespoons cheese. Fold in edges of tortilla; roll up.
 4. Heat a large nonstick skillet over medium-high heat. Coat all sides of each chimichanga evenly with cooking spray. Cook 6 to 8 minutes, turning to brown on all sides.
 5. Combine avocado, milk, and 1 tablespoon lime juice in a mini food processor; process until smooth.
 6. Combine tomatoes, remaining 2 tablespoons cilantro, and remaining 1 tablespoon lime juice in a bowl; toss. To serve, arrange 1 chimichanga on each of 8 plates. Top with 1 1/2 tablespoons avocado cream and about 1/4 cup tomato salad.
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