

The California Avocado Commission

A Delicious Recipe

...featuring California Avocados



Back to
Previous
Page

Avocado-Crab Enchiladas with Green Sauce

Submitted by:
The California Avocado Commission

Serves: 4

Ingredients

- 1 1/2 cups chicken broth, divided
- 2 small California Avocados, peeled and coarsely chopped
- 2 (8-ounce) packages cream cheese, softened and cubed
- 3 jalapeno peppers, unseeded and cut in half
- 1/2 cup loosely packed fresh cilantro leaves
- 2 garlic cloves
- 3/4 teaspoon salt, divided
- 1 pound lump crabmeat, drained
- 1 medium-size red bell pepper, chopped
- 1/2 cup chopped fresh cilantro
- 1 bunch green onions, chopped
- 8 (8-inch) flour tortillas
- 3 cups (12 ounces) shredded Monterey Jack cheese with peppers
- For Avocado-Chicken Enchiladas, substitute 4 skinned and boned chicken breast halves, cooked and shredded, for 1 pound crabmeat.

Preparation

- Process 1 cup broth, next 5 ingredients, and 1/2 teaspoon salt in a blender or food processor until smooth, stopping to scrape down sides.
- Remove 1 cup sauce, and stir in crabmeat, next 3 ingredients, and remaining 1/4 teaspoon salt.
- Set aside.
- Stir together remaining 2 cups sauce and remaining 1/2 cup chicken broth.
- Cover and chill up to 4 hours, if desired.
- Spoon crabmeat mixture evenly down center of tortillas
- Sprinkle evenly with 2 cups cheese, and roll up.
- Place seam side down in a lightly greased 13- x 9- inch baking dish.
- Cover and chill up to 4 hours, if desired.
- Pour sauce mixture over top, and sprinkle with remaining 1 cup cheese.
- Bake at 350° for 20 minutes.
- Serve immediately.

Nutrition Information

Because this recipe uses California Avocados...it's definitely nutritious!

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