

From the Elite Athletic Development Test Kitchen

*Recipes developed, created & adapted by
Elite Athletic Development / CrossFit Arlington Heights / CrossFit Axis Athletes*



Authentic Enchiladas Verdes

Prepared by Coach Karen; adapted from a recipe posted on allrecipes.co.

4 boneless, skinless chicken breast halves
4 cups chicken broth
1/2 white onion
2 cloves garlic
1 tablespoon + 1 teaspoon salt
2 pounds fresh tomatillos, husks removed
10 Serrano peppers
1/2 white onion
2 cloves garlic
2 pinches salt
1 white onion, chopped
2 bunches fresh cilantro, chopped
Freshly squeezed lime juice

In a saucepan, combine chicken breast with chicken broth, one half onion, 2 cloves of garlic, and 2 teaspoons salt. Bring to a boil, and then boil for 20 minutes. Reserve broth, set chicken aside to cool, and discard onion and garlic. When cool enough to handle, shred chicken with your hands.

Place tomatillos and Serrano chilies in a pot with water, enough to cover them. Bring to boil, and continue boiling until tomatillos turn a different shade of green (from bright green to a dull, army green). Strain tomatillos and chilies, and place in a blender with another half piece of onion, 2 cloves garlic, and 2 pinches of salt. Pour in reserved chicken broth, so that liquid just covers the veggies in the blender by about an inch. Blend all ingredients until they are completely pureed. Pour salsa in a medium saucepan, and bring to a low boil.

Plate chicken, and top with green sauce, chopped onion, chopped cilantro, and a squeeze of lime. For the non-Paleo plate, serve with tortillas and Queso fresco cheese.



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