

## Chicken Recipe #4: Kid's Play Enchiladas

### Tricks:

1. Microwaving for 2-3 minutes saves about 15 minutes baking time.
2. Heating tortillas in the microwave and spraying with vegetable oil makes them pliable and easy to work with.
3. Making an assembly line for filling enchiladas creates an efficient, effective way for fast filling .

### YOU'LL NEED

Chicken, cooked, shredded, 2 cups

Refried beans,  $\frac{3}{4}$  cup

Enchilada sauce, 2  $\frac{1}{2}$  cups

Green chiles, chopped, drained, 1 can, (4 ounces)

Cilantro, fresh, minced,  $\frac{1}{2}$  cup

Cheddar cheese, shredded, 3 cups

Soft corn tortillas, 6 inch, 12

Lime wedges, for serving

### DIRECTIONS

1. Get out 13x9 inch baking dish, spray with vegetable oil and set aside.
2. Heat oven to 450° with rack in middle position.
3. Get out microwave safe bowl.
4. Combine chicken, beans,  $\frac{1}{2}$  cup enchilada sauce, and chiles together in the microwave safe bowl and cover with plastic film.
5. Microwave on high for 2 minutes.
6. Stir cilantro and 1  $\frac{1}{2}$  cups cheese into the chicken mixture. Set aside the mixture.
7. Stack tortillas on microwave safe plate, cover with plastic wrap and microwave on high 50 seconds.
8. Arrange warm tortillas on clean work surface.
9. Down the center of each tortilla, spread  $\frac{1}{4}$  cup of chicken mixture.
10. Tightly roll tortilla around filling.
11. Place tortillas in the 13x9 inch baking dish, seam side down.
12. Lightly spray enchiladas with vegetable oil spray.
13. Coat enchiladas by pouring 1 cup enchilada sauce over them.
14. Sprinkle remaining cheese over enchiladas.
15. Cover baking dish with foil.
16. Bake 10 minutes.
17. Remove foil.
18. Bake 5 more minutes.
19. Heat remaining enchilada sauce in covered, microwave safe dish for 60 seconds on high.
20. Serve with warmed sauce and lime wedges.