



## ENCHILADAS VERDES

<b>Recipe Project Name/Written By:</b>	Dairy MAX, Revised by To Taste
<b>Recipe Category:</b>	Lunch, Speed Scratch
<b>Cooking Process:</b>	#2 Same Day Service
<b>Prep Time:</b>	45 minutes
<b>Cook Time:</b>	25 minutes
<b>Total Time:</b>	1 hour 10 minutes
<b>K-12 Portion Size:</b>	2 enchiladas
<b>Meal Pattern Contribution:</b>	1 oz eq WGR grain, 2 oz eq m/ma

INGREDIENTS	15 Servings		45 Servings	
	Weight	Measure	Weight	Measure
Chicken, pulled, cooked, frozen, USDA foods	15 oz		2 lb 13 oz	
Tortillas, corn, WGR, 6", frozen		30 each		90 each
Oil, canola		1/2 Tbsp		1 1/2 Tbsp
Tomatillos, husks removed	15 oz		2 lb 13 oz	
Tomato, roma	4 oz		12 oz	
Jalapeños, fresh, stem removed	3 oz		9 oz	
Onion, white, peel removed	6 oz		1 lb 2 oz	
Garlic clove		1 large		3 large
Cilantro, chopped		1/4 c		3/4 c
Salt		1 tsp		1 Tbsp
Cheese, cheddar, shredded, USDA foods	7.5 oz		1 lb 6.5 oz	
Cheese, mozzarella, part-skim, shredded, USDA foods	7.5 oz		1 lb 6.5 oz	
<b>TOPPING:</b>				
Cheese, cheddar, shredded, USDA foods	3 oz		9 oz	
Cheese, mozzarella, part-skim, shredded, USDA foods	3 oz		9 oz	

DIRECTIONS
1. Thaw chicken and tortillas overnight.
<b>CCP: Hold at 41° F or below.</b>
2. <b>Prepare salsa.</b> Preheat convection oven to 425° F. Place tomatillos, Roma tomatoes, jalapeño, onion, and garlic on a sheet pan. Drizzle oil on top, and toss to coat. Roast for 10 minutes until softened and charred. Blend with cilantro and salt until mostly smooth. Set aside.
3. Lower oven temperature to 350° F.
4. <b>Prepare enchiladas.</b> Steam tortillas 2-3 minutes to soften them. Hold warm.
5. Spray 2" full size steam table pans with pan release. One pan can hold 30 enchiladas. Spread 3/4 cup salsa to coat 3/4 of each pan (the enchiladas won't cover the bottom).
6. In a large bowl or container, combine shredded chicken and cheeses.
7. Add a #16 disher of chicken mixture onto each tortilla and roll up tightly. Place seam side down in the baking dish. Create 3 rows of 10 enchiladas per pan. Note: there will be space at the bottom of the pan, but it's not long enough for another row of enchiladas.
8. Pour the remaining salsa (~2 1/4 cup) on top of the enchiladas and sprinkle each pan with 3 oz of both shredded cheddar and shredded mozzarella cheese. Bake uncovered for 12-15 minutes.
<b>CCP: Hold and serve at 135° F or above.</b>
<b>CCP: No bare hand contact with ready to eat food.</b>
9. Serve two enchiladas per student.

## ENCHILADAS VERDES

### NUTRITION INFORMATION

**Serving Size** 2 enchiladas

<b>NUTRIENTS</b>	<b>AMOUNT</b>
<b>Calories</b>	<b>259</b>
<b>Total Fat</b>	<b>14 g</b>
Saturated Fat	8 g
<b>Cholesterol</b>	<b>59 mg</b>
<b>Sodium</b>	<b>531 mg</b>
<b>Total Carbohydrate</b>	<b>17 g</b>
Dietary Fiber	2 g
Total Sugars	3 g
Added Sugars	0 g
<b>Protein</b>	<b>16 g</b>
Vitamin D	0 mcg
Calcium	19 mg
Iron	0.6 mg
Potassium	147 mg
<b>N/A=</b> data not available.	

#### **ALLERGENS: Milk, Wheat**

*Allergen and nutrient information may vary based on the specific products and ingredients used on site.*

## \*MARKETING GUIDE

Food as Purchased for	15 Servings	45 Servings

### NOTES

\*See Marketing Guide for AP (As Purchased) weights when EP (Edible Portion) weights are provided in the recipe.

### YIELD/VOLUME

15 Servings	45 Servings
N/A	N/A

