



CHICKEN & CHEESE ENCHILADAS WITH RED CHILI SAUCE

Recipe Project Name/Written By:	To Taste
Recipe Category:	Lunch, Speed Scratch
Cooking Process:	#2 Same Day Service
Prep Time:	45 minutes
Cook Time:	25 minutes
Total Time:	1 hour 10 minutes
K-12 Portion Size:	2 enchiladas

Meal Pattern Contribution: 1 oz eq WGR grain, 2 oz eq m/ma

INGREDIENTS	15 Servings		45 Servings		DIRECTIONS
	Weight	Measure	Weight	Measure	
Chicken, pulled, cooked, frozen, USDA foods	15 oz		2 lb 13 oz		1. Thaw chicken and tortillas overnight.
Tortillas, corn, WGR, 6", frozen		30 each		90 each	CCP: Hold at 41° F or below.
RED CHILI SAUCE:					2. Prepare red chili sauce. Heat oil over low heat. Add flour and whisk until combined. Cook about 2 minutes until slightly darker in color. Add spices and whisk for ~30 seconds until fragrant.
Oil, canola		1/4 c		3/4 c	3. Immediately add tomato paste and whisk until smooth. Then slowly add water, whisking to combine.
Flour, whole wheat, regular or white		1/4 c		3/4 c	4. Bring to a boil, then reduce to a simmer, whisking often. Simmer until slightly thickened, ~25 minutes. Width and depth of pot or skillet will impact cook time. Sauce should thinly coat the back of a spoon.
Chili powder		1/4 c		3/4 c	5. Preheat convection oven to 350° F.
Cumin		2 tsp		2 Tbsp	6. Prepare enchiladas. Steam tortillas 2-3 minutes to soften them. Hold warm.
Granulated garlic		1 tsp		1 Tbsp	7. 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).
Dried oregano		1/2 tsp		1 1/2 tsp	8. In a large bowl or container, combine shredded chicken and cheese.
Salt		1/2 tsp		1 1/2 tsp	9. Add a #16 disher of chicken and cheese 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.
Tomato paste, no salt added, canned, USDA Foods		1/4 c		3/4 c	10. Pour the remaining sauce (~2 1/4 cups) on top of the enchiladas and sprinkle each pan with 6 oz shredded cheese. Bake uncovered for 12-15 minutes.
Water		1 qt		3 qt	CCP: Hold and serve at 135° F or above.
Vinegar, apple cider		2 tsp		2 Tbsp	CCP: No bare hand contact with ready to eat food.
ENCHILADAS:					11. Serve two enchiladas per student.
Cheese, Oaxaca, shredded	15 oz		2 lb 13 oz		
TOPPING:					
Cheese, Oaxaca, shredded	6 oz		1 lb 2 oz		

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NUTRITION INFORMATION

Serving Size	2 enchiladas
NUTRIENTS	AMOUNT
Calories	223
Total Fat	11 g
Saturated Fat	4 g
Cholesterol	32 mg
Sodium	459 mg
Total Carbohydrate	17 g
Dietary Fiber	2 g
Total Sugars	0.7 g
Added Sugars	0 g
Protein	12 g
Vitamin D	0 mcg
Calcium	127 mg
Iron	1 mg
Potassium	80 mg
N/A=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.

Mozzarella or Monterrey jack cheese may be substituted for Oaxaca if unable to source. The nutrition analysis will be similar, but should be rerun with school specific ingredients

YIELD/VOLUME

15 Servings	45 Servings
Sauce: ~3/4 cup	Sauce: ~3 cups
Yield will vary slightly due to pan width and depth.	Yield will vary slightly due to pan width and depth.

