

Chicken Enchiladas

SERVINGS	8
TIME	1 hour
INGREDIENTS	

- Olive oil
- 1 ½ pounds chicken tenders
- salt and pepper
- 2 teaspoons cumin
- 1 teaspoon chili powder
- 1 cup frozen corn, thawed
- 1 (28 oz) can stewed tomatoes
- Any other veggies you have on hand, such as a bell pepper and zucchini
- 12 corn tortillas
- 1 ½ cups green enchilada sauce
- ½ pound cheddar cheese (to make 2 cups)

EQUIPMENT

- 13x9 disposable pan + foil
- Rimmed baking sheet
- Cutting board and knife + fork
- Saute pan
- Can opener
- Cheese grater
- Shallow bowl
- Spatulas
- Measuring cups and spoons

DIRECTIONS

- Wash your hands!
- Pre-heat oven to 350°F.
- Season chicken with salt and pepper and a bit of olive oil and bake for 15 minutes on a rimmed baking sheet. Cool on a cutting board.
- Cut veggies, including pepper and zucchini, into small pieces on a cutting board.
- Heat a saute pan over medium heat. Add tomatoes (with juice), corn, and additional veggies to the pan. Sprinkle with cumin and chili powder and stir to combine. Saute 2 minutes.
- Shred chicken with 2 forks and add to the pan with the veggies. Stir to combine. Remove pan from heat.
- Coat the bottom of a 13x9 pan with ½ cup enchilada sauce. Using a shallow bowl, dip each tortilla in enchilada sauce to lightly coat. Place a layer of tortillas (about 6) in the bottom of the pan. Spread ½ of the chicken and veggie mixture on top of the tortillas. Layer remaining tortillas dipped in enchilada sauce on top. Spread remaining chicken and veggie mixture on top. Top with remaining enchilada sauce and cheese.
- Bake, uncovered, for 15 minutes, until cheese is melted.
- Remove from oven and cool completely.
- Cover tightly with foil. Tape information sheet to the top.

TIPS TO INVOLVE THE KIDS

- Designate an area to get a bit messy. Take all ingredients and equipment out ahead of time.
- Let the kids help cut the veggies, if reasonable. Have the kids add veggies to the pan and stir.
- Have the kids shred the chicken and shred the cheese.
- Have the kids layer the enchiladas.

