

## Chicken Enchilada

Flour tortillas overflowing with savory chicken, cheese, and zesty enchilada sauce. The house-made enchilada sauce adds an extra layer of deliciousness.

Recipe Project Name: Fiscal Year 2021 Cohort A Team Nutrition Training Grant for School Meal Recipe Development
Iowa Department of Education
Preparation Time: 1 hour Cook Time: 35 minutes

## NSLP/SBP crediting information:

1 enchilada provides 2 oz equivalent meats/meat alternates, $1 / 8$ cup red/orange vegetable, $1 / 8$ cup other vegetable, $1 / 8$ cup additional vegetable, and $21 / 4$ oz equivalent grains.

| INGREDIENTS | 50 SERVINGS |  | 100 SERVINGS |  | DIRECTIONS |
| :---: | :---: | :---: | :---: | :---: | :---: |
|  | Weight | Measure | Weight | Measure |  |
| Vegetable oil | 2 oz | $1 / 4$ cup | 4 oz | $1 / 2$ cup | 1. Sauté vegetables in oil for 3-4 minutes, just until vegetables begin to become translucent. |
| *Onions, chopped | 1 lb 13 oz | 1 qt 1 cup | 3 lb 10 oz | 2 qt 2 cups |  |
| *Green bell pepper, chopped | 1 lb 6 oz | 1 qt 1 cup | 2 lb 12 oz | 2 qt 2 cups | 2. Transfer vegetables to a food processor or blender. |
| Tomato sauce | 4 lb 11 oz | 2 qt 2 cups | 8 lb 6 oz | 1 gal 1 qt | 3. Add tomato sauce to puree. |
| Tomato paste | 7.9 oz | 1 cup | 15.8 oz | 2 cups | 4. Return mixture to the saucepan. |
| Chicken broth | 2 lb 8 oz | 1 qt 1 cup | 5 lb | 2 qt 2 cups | 5. Add tomato paste, chicken broth, sugar, and seasonings. |


| INGREDIENTS | 50 SERVINGS |  | 100 SERVINGS |  | DIRECTIONS |
| :---: | :---: | :---: | :---: | :---: | :---: |
|  | Weight | Measure | Weight | Measure |  |
| Sugar | $13 / 40 \mathrm{O}$ | $1 / 4$ cup | $31 / 2 \mathrm{OZ}$ | $1 / 2$ cup |  |
| Chili powder | 11/4 OZ | $1 / 3$ cup | $21 / 2 \mathrm{OZ}$ | $2 / 3$ cup |  |
| Cumin | 0.2 oz | 1 Tbsp | 1/2 OZ | 2 Tbsp |  |
| Garlic powder | $1 / 2 \mathrm{OZ}$ | $11 / 2 \mathrm{Tbsp}$ | 1 oz | 3 Tbsp |  |
| Chicken breast, cooked, and shredded or chopped | 6 lb |  | 12 lb |  | 6. Prepare the filling by mixing the shredded or chopped chicken and cheese together in a bowl. |
| Cheddar cheese, reduced fat, shredded | 2 oz | $1 / 2$ cup | $40 z$ | 1 cup | 7. Using 3 full-sized hotel pans ( $203 / 4$ " $\times 123 / 4$ "), ladle 3 cups of sauce into pan and spread to cover the pan with a thin layer of sauce. |
| Whole grain-rich flour tortillas |  | 50 each |  | 100 each | 8. Fill enchiladas by laying the tortilla flat and use a No. 12 disher to scoop the filling into the center of the tortilla and spread to create a line of filling down the center of the shell. <br> 9. Roll the tortilla to enclose the filling and place the enchilada into the pan, seam side down. <br> 10. Cover the tops of the enchiladas with the remaining sauce ( $32 / 3$ cups of sauce per pan). |
| Cheddar cheese, reduced fat, shredded | 3 oz | $3 / 4$ cup | 6 oz | $11 / 2$ cups | 11. Sprinkle top with cheese. <br> 12. Bake uncovered for $30-35$ minutes at $350^{\circ} \mathrm{F}$. <br> Critical Control Point: Hold for hot service at $135^{\circ} \mathrm{F}$ or higher. |
| Whole grain rice, cooked | 10 lb | 1 gal 2 qt | 20 lb | 2 gal 1 qt | 13. Serve 1 enchilada with $1 / 2$ cup cooked rice (No. 8 scoop). |


| CHICKEN ENCHILADA |  |
| :--- | ---: |
| NUTRITION INFORMATION |  |
| For 1 Enchilada |  |
|  |  |
| NUTRIENTS | AMOUNT |
| Calories | 336 |
| Total Fat | $\mathbf{4 g}$ |
| $\quad$ Saturated Fat | 1 g |
| Cholesterol | 18 mg |
| Sodium | 195 mg |
| Total Carbohydrate | 61 g |
| $\quad$ Dietary Fiber | 7 g |
| $\quad$ Total Sugars | 4 g |
| $\quad$ Added Sugars included | $\mathrm{N} / \mathrm{A}$ |
| Protein | $\mathbf{1 5} \mathrm{g}$ |
| Vitamin A | $\mathrm{N} / \mathrm{A}$ |
| Vitamin C | $\mathrm{N} / \mathrm{A}$ |
| Vitamin D | $\mathrm{N} / \mathrm{A}$ |
| Calcium | 38 mg |
| Iron | 3 mg |
| Potassium | $\mathrm{N} / \mathrm{A}$ |
| N/A=data not available. |  |


| *MARKETING GUIDE |  |  |  |
| :---: | :---: | :---: | :---: |
| Food as Purchased for | 50 Servings |  | 100 Servings |
| Onions, mature, fresh <br> Bell pepper, green, fresh | 2 lb <br> 1.7 lb |  | 4 lb <br> 3.4 lb |
| NOTES |  |  |  |
| *See Marketing Guide for during preparation or whe <br> Cooking Process \#2: Sam | urchasing a variatio <br> Day Ser | ormatio the ing | ods that will change ts is available. |
| YIELD/VOLUME |  |  |  |
| 50 Servings |  |  | 100 Servings |
| Filling: about 1.1 gal or 6 lb 5.8 oz Sauce: about 1 gal or $9 \mathrm{lb} 81 / 2 \mathrm{oz}$ |  | Filling <br> Sauce | 2.2 gal or 12 lb 10.4 oz <br> 2.1 gal or 18 lb 15 oz |

## SOURCE:

FY 2021 Cohort A Team Nutrition Training Grant

