



# 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 2 1/4 oz equivalent grains.

	50 SERVINGS		100 SERVINGS		
INGREDIENTS	Weight	Measure	Weight	Measure	DIRECTIONS
Vegetable oil	2 oz	1/4 cup	4 oz	½ cup	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	<ol><li>Add tomato paste, chicken broth, sugar, and seasonings.</li></ol>

	50 SERVINGS		100 SERVINGS		
INGREDIENTS	Weight	Measure	Weight	Measure	DIRECTIONS
Sugar	1 ¾ oz	1/4 cup	3 ½ oz	½ cup	
Chili powder	1 ¼ oz	⅓ cup	2 ½ oz	²⁄₃ cup	
Cumin	0.2 oz	1 Tbsp	½ OZ	2 Tbsp	
Garlic powder	½ 0Z	1 ½ 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	½ cup	4 oz	1 cup	7. Using 3 full-sized hotel pans (20 ¾" x 12 ¾"), 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.
					<b>9.</b> Roll the tortilla to enclose the filling and place the enchilada into the pan, seam side down.
					<ul><li>10. Cover the tops of the enchiladas with the remaining sauce (3 <sup>2</sup>/<sub>3</sub> cups of sauce per pan).</li></ul>
Cheddar cheese, reduced fat, shredded	3 oz	¾ cup	6 oz	1 ½ cups	11. Sprinkle top with cheese.
reduced lat, silledded					<b>12.</b> Bake uncovered for 30-35 minutes at 350 °F.
					Critical Control Point: Hold for hot service at 135 °F or higher.
Whole grain rice, cooked	10 lb	1 gal 2 qt	20 lb	2 gal 1 qt	<b>13.</b> Serve 1 enchilada with ½ cup cooked rice (No. 8 scoop).

### CHICKEN ENCHILADA NUTRITION INFORMATION For 1 Enchilada

NUTRIENTS Calories	AMOUNT 336
Total Fat Saturated Fat Cholesterol Sodium Total Carbohydrate Dietary Fiber Total Sugars Added Sugars included Protein	4 g 1 g 18 mg 195 mg 61 g 7 g 4 g N/A 15 g
Vitamin A Vitamin C Vitamin D Calcium Iron Potassium	N/A N/A N/A 38 mg 3 mg N/A
N/A=data not available.	

*MARKETING GUIDE					
Food as Purchased for	50 Servings	100 Servings			
Onions, mature, fresh	2 lb	4 lb			
Bell pepper, green, fresh	1.7 lb	3.4 lb			

#### **NOTES**

\*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

Cooking Process #2: Same Day Service

YIELD/VOLUME				
50 Servings	100 Servings			
Filling: about 1.1 gal or 6 lb 5.8 oz	Filling: about 2.2 gal or 12 lb 10.4 oz			
Sauce: about 1 gal or 9 lb 8 ½ oz	Sauce: about 2.1 gal or 18 lb 15 oz			

#### SOURCE:

FY 2021 Cohort A Team Nutrition Training Grant