

# CHICKEN ENCHILADA BAKE



## INGREDIENTS

10 oz	Chicken (cooked, diced)
1 cup	Sweet corn (frozen)
1/2 tsp	Red chili flakes
1/2 tsp	Cumin seeds (ground)
1/8 tsp	Black pepper
2 cup	White onion (chopped)
4 ea	Small garlic cloves (minced)
1 cup	Reduced sodium chicken broth
1/2 cup	Salsa verde
1/4 cup	Water
1 ea	Jalapeño (sliced)
8 ea	Corn tortillas (6")
4 Tbs	Cilantro (fresh, minced)
1 1/2 oz	Low-fat cream cheese
1 oz	Low-fat cheddar cheese (shredded)

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## INSTRUCTIONS

1. Heat a pan with olive oil on medium heat. Add 1/2 cup of the onions and 3 cloves of garlic. Sauté to lightly brown, stirring occasionally.
2. In a large bowl, combine sautéed onion and garlic with chicken. Set aside.
3. In a sauce pan, combine remaining onion and garlic, broth, salsa, water, and jalapeño. Bring to boil.
4. Reduce heat and simmer for 15 minutes. Let stand 10 minutes.
5. Add 2 Tbs of cilantro and pour into blender or use immersion blender. Process until smooth. Set aside.
6. Cut tortillas into quarters and place on sheet pan.
7. Bake at 350°F for 5-10 minutes until crispy. Set aside.
8. Spread 1/2 of the salsa mixture into bottom of a pan, then layer on 1/2 of the baked tortillas and 1/2 of the chicken mixture.
9. Repeat layers of salsa, tortillas and chicken and distribute cream cheese and cheddar cheese evenly over the top.
10. Bake at 325°F for 30 minutes.

## NUTRITION

Calories:	350
Sodium:	520 mg
Trans Fat:	0 g
% Calories from Saturated Fat:	4%

