

EASY CHEESY ENCHILADAS

SERVES 8

Two 6 ounce boneless chicken breasts, skin removed

1/3 pound cheddar cheese

1/3 pound Monterey Jack cheese

1 small onion

2-1/2 cups prepared enchilada sauce

8 medium corn tortillas

For garnish: sliced black olives, sour cream, chopped green onions

Preheat oven to 350°F.

Fill a medium pot or skillet with enough water to just cover chicken breasts and bring water to a simmer. Place chicken breasts in water and poach in simmering water 15 minutes, or until done. Remove chicken from water, cool, and shred.

Grate cheeses and combine in a small bowl. Set aside. Dice onion. Set aside.

Heat 1 cup enchilada sauce in a wide pan. Place tortillas, one by one, into warmed sauce to soften and coat them with sauce (alternatively, tortillas may be softened by placing them in a plastic bag and warming them in a microwave oven for 30 seconds, then placing them in sauce to coat). Transfer coated tortillas to a plate. Reserve sauce.

Coat bottom of a 9 x 13-inch baking dish with heated sauce. Divide chicken and cheese among 8 tortillas. Sprinkle 1 teaspoon of diced onion over each mound of filling. Roll up each tortilla and place seam side down in baking dish. Cover enchiladas with remaining enchilada sauce. Top with any remaining cheese. Bake, uncovered, for 20 minutes or until heated through. Garnish, if desired, and serve.

Skills Developed

Measure

Bake

Poach

Grate

Shred

Simmer
