



Chicken Enchilada Casserole

Lots of layers for more flavor!

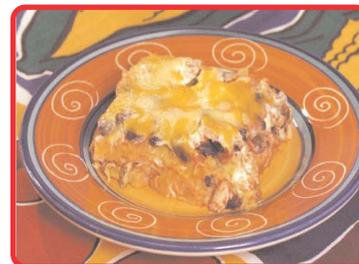


Level: Medium

Serves: 6-8

Ingredients:

- 1 ½ cups thick and chunky salsa, (divided)
- 4 (6-inch) corn tortillas
- ⅓ cup diced onion
- 1 can (15 ounces) black beans, drained and rinsed
- 1 cup cooked, chopped chicken
- 1 cup low fat sour cream
- 1 cup shredded Colby-Monterey Jack cheese



Kids' Tool Kit

- Mixing bowl 
- 9x9-inch baking dish
- Rubber spatula
- Strainer
- Measuring cups
- Knife
- Cutting board
- Foil
- Can opener

Directions:

Remember to wash your hands!



1. Preheat oven to 350 degrees.
2. Pour ½ cup salsa in bottom of 9x9-inch square baking dish that has been lightly coated with cooking spray.
3. Cut or tear tortillas in half and use four pieces to cover bottom of dish.
4. In a medium mixing bowl, combine 1 cup salsa, onion, beans and chicken. Spoon half of chicken mixture over tortillas.
5. Top with half the sour cream, then half the cheese.
6. Continue layering with remaining tortilla halves, chicken mixture, sour cream and cheese.
7. Cover with foil and bake 35 minutes until bubbly. Uncover and bake 5 to 10 minutes longer until cheese is melted.

Chef's Choice

- Chicken Enchilada Casserole
- Applesauce
- Low fat milk

Nutrition Facts

Serving Size 1 cup (249g)
Servings Per Container 6

Amount Per Serving
Calories 260 Calories from Fat 70

% Daily Value*

Total Fat 8g **12%**

Saturated Fat 5g **24%**

Cholesterol 40mg **14%**

Sodium 940mg **39%**

Total Carbohydrate 32g **11%**

Dietary Fiber 6g **22%**

Sugars 9g

Protein 19g

Vitamin A 15% • Vitamin C 4%

Calcium 20% • Iron 8%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Calories: 2,000 2,500

Total Fat Less than 65g 80g

Saturated Fat Less than 20g 25g

Cholesterol Less than 300mg 300mg

Sodium Less than 2,400mg 2,400mg

Total Carbohydrate 300g 375g

Dietary Fiber 25g 30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Helpful Hints: It is really important to read this recipe all the way through from beginning to end. Many recipes have the word "divided" following certain ingredients. This means that the ingredient is used in more than one place in the recipe. In this recipe part of the salsa is poured in the bottom of the baking dish and part of it is mixed with the chicken and cheese. Reading the directions before you begin also helps you know how to assemble the casserole layers.



Safety Tip: Choose cans that don't have dents, cracks, rust or bulging lids. Remember to wash the can top before opening. Food safety is important even before you open the can.



For more information about this recipe and other fun recipes: contact your county extension office in Kansas visit the website at www.kidsacookin.ksu.edu, or e-mail kidsacookin@ksu.edu.