

Easy Cheesy Tortilla Bake

A family favorite sure to please!



Level: Medium

Servings: 6 - 3/4 servings

Kids' Tool Kit

2-quart
baking dish



Grater

Rubber spatula

Can opener

Measuring cups

Scissors

Ingredients:

- 8 flour tortillas (6- to 8-inch size)
- 1 can (10 3/4 ounces) tomato soup
- 1 cup chunky salsa or picante sauce
- 1/2 cup low fat milk
- 2 cups cubed cooked chicken or turkey
- 1 cup shredded cheddar cheese
(save 1/2 cup for topping)



Directions:

Remember to wash your hands!

1. Preheat oven to 400 degrees.
2. Lightly coat a 2-quart baking dish with cooking spray.
3. Cut or tear tortillas into 1-inch pieces.
4. In a large mixing bowl, combine tortillas, soup, salsa, milk, chicken and 1/2 cup cheese.
5. Bake for 30 minutes or until hot. Remove from oven and sprinkle with remaining cheese.

Chef's Choice

Easy Cheesy Tortilla
Bake
Corn
Lettuce salad
Milk

Nutrition Facts

Serving Size 3/4 cup
Servings Per Container 6

Amount Per Serving
Calories 430 Calories from Fat 140

% Daily Value*

Total Fat 15g 23%

• Saturated Fat 6g 31%

Cholesterol 55mg 18%

Sodium 1060mg 44%

Total Carbohydrate 47g 16%

• Dietary Fiber 2g 9%

• Sugars 7g

Protein 25g

Vitamin A 15% • Vitamin C 45%

Calcium 25% • Iron 20%

*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 < 65g 80g

Saturated Fat < 20g 25g

Cholesterol < 300mg 300mg

Sodium < 2,400mg 2,400mg

Total Carbohydrate 300g 375g

Dietary Fiber 25g 30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4



Helpful Hints: A one-dish meal means less mess and more variety. Substitutions are possible with this recipe from top to bottom. Out of flour tortillas? Try using corn tortillas for a different texture and taste. A creamier dish would result if you used a cream soup instead of tomato soup. Cook extra chicken pieces if they are on sale, de-bone and freeze in cup portions to use in other recipes. Grated cheese also freezes well and won't mold as it does in the refrigerator - no waste, less mess.



Safety Tip: Use hot, soapy water to wash counters carefully before cutting tortillas. Clean work surfaces often to remove food particles and spills. Keep nonfood items such as book bags, newspapers and magazines off the counter and away from food and utensils. How long has it been since you washed your can opener? Bacteria can grow on splatters and dried food, so remember to wash can openers often with hot, soapy water.

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.