CHEESY CHICKEN ENCHILADA BAKE

SERVES 6

Preparation time: 30 minutes
Cook time: 15 minutes

INGREDIENTS

1 pound boneless, skinless chicken breast
1 cup frozen corn
½ cup water
1 cup salsa
1 tablespoon chili powder
8 whole wheat tortillas
1 12-ounce can low-sodium black beans, rinsed and drained
Cooking spray
½ cup low-fat shredded cheddar cheese

DIRECTIONS

1. Cut chicken breast into 4 chunks. Simmer in a large saucepan with water and chili powder. Cook until internal temperature is 165°F, about 10 minutes.
2. Remove cooked chicken from pan. Cut or shred into small chunks and return to pan.
3. Add beans, corn, and salsa to chicken. Cook until hot, about 5 minutes. Remove from heat.
4. Spread ½ cup of chicken mixture down the center of each tortilla. Roll up and place seam-side down in greased 9x13-inch pan.
5. Spread any leftover chicken mixture over top of tortillas.
6. Bake at 375°F for 12-15 minutes, sprinkling cheese on top of the enchiladas within the last 5 minutes of baking.

WAYS FOR KIDS TO HELP

• CHILDREN CAN measure out and “dump” ingredients.
• CHILDREN CAN fill and roll tortillas.

SIMPLY GOOD EATING

Preparation time: 30 minutes
Cook time: 15 minutes
SERVES 6