



Chicken & Bean Enchilada Bake

Fall Winter Spring Summer

NUTRITION INFORMATION

SERVING SIZE: 1 piece

Amount per Serving	
Calories	333 kcal
Protein	22.29 g
Carbohydrate	39.48 g
Total Fat	10.26 g
Saturated Fat	4.36 g
Cholesterol	41.37 mg
Vitamin A	1267.05 IU
Vitamin C	24.83 mg
Iron	4.75 mg
Calcium	340.62 mg
Sodium	492.08 mg
Dietary Fiber	7.32 g

EQUIVALENTS: 1 piece provides ½ cup red/orange vegetable, ½ cup other vegetable, 1.5 oz equiv WGR grain and 2 oz equiv meat/meat alternate.

Recipe HACCP Process: #2 Same Day Service

“Whenever we can forge relationships with local farmers, we strengthen our connection to the community as well as enhance the students’ knowledge of the community in which they live.”

— MARIA GARRIDO

Chicken & Bean Enchilada Bake • 48 servings (1 piece)

INGREDIENTS	WEIGHT	MEASURE	METHOD	NOTES
Onions	2 lb 4 oz		① Trim and peel onions. Cut into ½-inch dice.	<ul style="list-style-type: none"> You can use taco shells (broken in half) or tortilla chips in place of the corn tortillas. Use Kitchen Sink Pasta Sauce (p. 76) in this recipe if you'd like.
Bell peppers	1 lb 4 oz		② Stem, core and seed peppers. Cut into ½-inch dice.	
Vegetable oil		¼ cup	③ Heat oil in a large stockpot over medium heat. Add the onions, bell peppers, zucchini and corn. Cover and cook, stirring occasionally, until the vegetables soften and begin to brown, about 20 minutes. Stir in chicken, beans, 1 qt salsa, cilantro and chilies. Set aside.	
Diced zucchini (½-inch pieces)		1 qt		
Corn kernels, fresh or frozen (thawed)		1 qt		
Diced cooked chicken	3 lb			
White, black or kidney beans, canned, rinsed and drained	3 lb	1 qt + ¾ cup (½ #10 can)		
Low-sodium salsa		1 gal, divided		
Chopped fresh cilantro		½ cup		
Green chilies, canned, chopped		1 qt		
			④ Preheat convection oven to 300°F or conventional oven to 325°F. Coat two 2-inch full hotel pans with cooking spray.	
Tomato sauce		3 qt	⑤ Combine tomato sauce and the remaining 3 qt salsa in a large bowl. Stir in cumin, coriander, oregano and basil.	
Ground cumin		¼ cup		
Ground coriander		¼ cup		
Dried oregano leaves		¼ cup		
Dried basil leaves		¼ cup		
Shredded reduced-fat Cheddar cheese	3 lb	1 gal, divided	⑥ Assemble each pan as follows: Layer 2 cups sauce, 12 tortillas, ¼ of chicken mixture, 2½ cups cheese, 12 tortillas, ¼ chicken mixture, 3 cups sauce, 2½ cups cheese, 12 tortillas, 5 cups sauce and 3 cups cheese. Repeat in the other pan.	
Corn tortillas (6-inch)		72 tortillas		
			⑦ Coat two pieces of foil with cooking spray. Cover the pans, sprayed side down, and bake for 30 minutes. Uncover and bake 5 minutes more. Let stand for 5 minutes then cut each pan into 24 pieces.	