

## It's-a-Meal! Speedy Enchiladas with Steamed Broccoli and Milk

### Concepts to be explored in this lab:

Use leftover meats  
Quick and easy meal  
Steamed GREEN CRUCIFEROUS vegetable  
“Balanced meal” – All four food groups?

### Ingredients and equipment to have ready before assembly of enchiladas: (mise en place!)

1 cup chicken (cooked and diced)  
1 cup cheese (cheddar and Monterey Jack combo)  
1 cup enchilada sauce  
1/3 cup chopped onions  
1/4 cup chopped cilantro  
8” X 8” baking pan (spray oil)  
Small sauté pan  
Medium sauté pan  
Pre-heat the oven to 350 degrees

### Method:

1. Heat the enchilada sauce in a small sauté pan.
2. Sweat the onions in the medium sauté pan.
3. Add the chicken and stir it with the onions until it is warm.
4. Stir the cheese into the onion/chicken mixture. **Turn off the heat.** Do not try to melt the cheese.
5. Slide a tortilla through the hot sauce and place it in the baking pan.
6. Put **one-fourth** of the chicken/cheese/onion mixture in the center of the tortilla.
7. Roll the tortilla and place the open side down near the side of the pan.
8. Repeat with the other three tortillas. **Use up all of the filling!**
9. Use a rubber spatula to pour the remaining sauce over the top of the tortillas.
10. Bake for 30 minutes.

### **Steamed Broccoli                  Milk**

Four servings broccoli  
Saucepan with a steamer insert and a lid

1. Wash the broccoli.
2. Cut into pieces.
3. Put about 1 inch of water in the saucepan. Place the broccoli in the steamer insert. Steam for 8 minutes.
4. Pour four servings of milk.