Rich Chicks
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Chicken Enchiladas

with Seasoned Hand Pulled Chicken 70 Dark / 30 White Meat, NAE

RC Product Code: 97103

Serving Size:	Chicken Enchiladas
Yield:	100 servings
Contribution:	2 oz M/MA, 2 oz grain equivalent, 1/4 cup Red/Orange vegetable

Nutritional Information

Portion	2 enchiladas	**Cholesterol (mg)**	71
Calories	267	**Sodium (mg)**	335
Total Fat (g)	7	**Total Carbohydrates (g)**	27
Saturated Fat (g)	2	**Sugar (g)**	1
Trans Fat (g)	0	**Protein (g)**	23

Ingredients	Amount	Instructions
Rich Chicks Seasoned Hand Pulled Chicken 70 Dark / 30 White Meat, NAE 97103	20 lbs	**Prepare Pulled chicken according to package directions. Once heated empty bag into deep pan.**
Vegetable Oil	1/2 cup	**Saute onions, peppers and minced garlic in oil until translucent. Add chili powder, ground cumin, black pepper, parika and oregano to sauted onions and peppers. Add to pan with chicken stirring until well mixed. Place 3 cups of enchilada sauce in each of 4 full sized sheet pans.**
Onions, chopped	3 lbs 10 oz	
Minced garlic	2 cloves	
Green Peppers chopped	2 lbs 12 oz	
Chili Powder	2/3 cup	
Ground Cumin	1/4 cup	**Lay corn tortillas flat, place a #40 scoop of the chicken and vegetable mixture on each tortilla. Roll tightly and place 50 of them in each pan, seam side down.**
Ground Black Pepper	3 Tbsp	
Paprika	2 Tbsp	**Cover Enchiladas with and additional 3 1/2 cups of enchilada sauce. Sprinkle 1 cup of shredded cheese on the top. Bake in a 350° F convection oven for 30 - 35 minutes or until enchiladas reach a temperature of 165° F. Hold hot for service.**
Ground Oregano	2 tsp	
Enchilada Sauce - low sodium	2 #10 cans	
6" White Corn Tortillas (whole grain rich)	200 each	
Shredded Cheddar Cheese	1 lb	

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It is recommended that any recipe be put through your own nutrition assessment before making the determination as to whether or not it fits into your school's menu plan.