

Ranch Chicken Enchiladas

Unit: Large Skillet or Electric Skillet

3-4 Boneless chicken breasts

1/2 - Cup of salsa

8 - Corn tortillas

1/4 Cup of fresh chopped cilantro

1 - tsp of ground ancho chili powder

1 - Cup of Mayonnaise

1 - Package of hidden valley ranch sauce

1 - Cup of shredded monterey jack cheese

Cooking Spray

1 - tsp of ground cumin

1 - Cup of whole milk

1. Open the pack of ranch mix and combine with the whole milk and the mayonnaise following the instructions to make the ranch dressing.
2. Mix 1/2 cup of the ranch and 1/2 cup of salsa in a bowl. Spray the skillet with cooking spray and spread a very thin layer of the mixture on the bottom.
3. Place raw or frozen 1/2" chicken pieces and place in the bottom of a cold skillet. You can also use a pre-cooked rotisserie chicken from the grocery store.
4. Pour half of the ranch mixture over the chicken and spread out evenly.
5. Layer the tortillas on top of the chicken. Then the remaining ranch mixture and then the cheese, ancho chili powder and cumin on top.
6. Place the lid on the skillet and cook on medium heat (300 with the electric) until the valve whistles and then cook on low (225 with the electric) for 10 minutes. Serve the cilantro on top as a garnish.



HEALTH QUEST