

Green Chicken Enchiladas

Unit: Large Skillet or Electric Skillet

- 1 - 16 oz. jar of Herdez salsa verde sauce (mild)**
- Fresh or Frozen Chicken Tenders**
- 4 oz. Pepper Jack Cheese (Grated on #2 Blade)**
- 1 - tsp. of Mexican Seasoning**
- 9 - Corn Tortillas**

*** Walmart sells Ready-Chef-Go brand pre-cut frozen chicken pieces.*

Place a thin layer of chicken into the cold skillet. Sprinkle 1/2 tsp of Mexican seasoning over the chicken and top with 1/2 of the sauce.

Next place the tortillas on top and then add the remaining sauce. Add the remaining seasoning and then the cheese cut on the #2 blade.

Rotate the valve under the knob to open and place the lid on the unit. Turn to medium heat. (300 with the electric skillet) When the valve whistles, or the lid is stinging hot to the touch (10-15 minutes), rotate it closed and reduce to low heat (225 with the electric skillet) for 20 minutes or until it is done to you liking.

**** The Electric Skillet is a larger unit. Use 2 jars of sauce and 17 tortillas in order to fill it properly.**

Mexican Seasoning Recipe

***** Secret weapon*** Go to www.penderys.com and order the following spices****

Ancho chili powder chipotle chili powder coriander cumin

Mix the ingredients 1 part chipotle chili powder - 1 part ancho chili powder - 2 parts of cumin - a little bit of seasoning salt. Mix these together and put into a seasoning bottle and use approx. 1-2 tsp. of this mixture with any mexican dish!



HEALTH QUEST