

Chicken Enchiladas Verde

Classic enchiladas, on the table in a flash. With shredded chicken breast, sautéed bell peppers and a salsa verde that's fresh, flavorful, and unique. It's Mexican comfort food the family will love.

45 *Minutes to the Table*

25 *Minutes Hands On*

2 Whisk *Easy*

Getting Organized

EQUIPMENT

- 2 Large Skillets
- Casserole Dish
- Large Mixing Bowl

FROM YOUR PANTRY

- Olive Oil
- Salt & Pepper

7 MEEZ CONTAINERS

- Chicken Breasts
- Veggies
- Chihuahua Cheese
- Salsa Verde
- Corn Tortillas
- Rice
- Lime

Make The Meal Your Own

Have questions? The dinner hotline is standing by from 5 to 8 pm at 773.916.6339.

Health Snapshot Per Serving- 720 Calories, 56g Protein, 16g Fat, 88g Carbs, 16 Freestyle Points

Lightened-up Health Snapshot Per Serving- 630 Calories, 16g Fat, 69g Carbs, 13 Freestyle Points, by using half of the rice.

**SCAN QR CODE
to view YouTube
cooking video**



INGREDIENTS: Chicken Breasts, Corn Tortillas, Green Chili Sauce, White Rice, Lime, Yellow Onion, Chihuahua Cheese, Red Bell Pepper, Green Bell Pepper, Sugar, Parsley, Cilantro, Garlic, Salt, Cumin, Coriander, Black Pepper

meez *meals*

1. Get Organized

Preheat your oven to 375 degrees and put a saucepan of water to boil over high heat. Spray or brush a 10x10 or similar casserole dish with oil.

2. Cook the Chicken

Heat 1½ Tbsp olive oil in a large skillet over medium high heat. Pat dry and generously salt and pepper the **Chicken Breasts** on both sides. Cook until crisp and brown, on one side, about 4 to 5 minutes. Flip, then cook until brown on the second side, about 4 additional minutes. Transfer the chicken to a cutting board and let rest for 5 minutes. Do not wipe out skillet. Once the chicken has rested, hold the chicken in place with one fork and with a second fork, shred the chicken into pieces typical of the size used in chicken soup and put into a large bowl.

3. Cook the Veggies

While the chicken is resting, add the **Veggies** to the now-empty skillet over medium high heat. Sauté until the peppers start to char and the onions become translucent, about 2 to 3 minutes. Transfer the cooked veggies to the large mixing bowl with the shredded chicken. Add half of the **Chihuahua Cheese**. Add one-third of the **Salsa Verde** to the bowl. Mix well.

4. Bake the Enchiladas

Add half the remaining salsa verde to the bottom of the casserole dish. Wrap the **Corn Tortillas** in paper towels and microwave until soft, about 20 to 30 seconds. Fill the tortillas with as much of the filling as possible while still being able to roll into tubes. Place the rolled enchiladas on top of the salsa verde, folded side down. Spread any filling that wouldn't fit inside the tortillas around the bottom of the casserole dish. Top everything with the remaining salsa verde and remaining cheese. Bake until the cheese is melted and starts to brown, about 15 minutes. Remove from the oven and let rest for 5 minutes

5. Cook the Rice and Serve

While the enchiladas are baking, add the **Rice** to the boiling water and cook at a rolling boil until the rice is tender, about 15 minutes. Drain well and transfer directly to serving plates. Serve the enchiladas (and the extra cooked enchilada filling) on top of the rice with a squeeze of fresh **Lime**. Enjoy!

Instructions for two servings.

Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois