CHICKEN ENCHILADAS

2 pounds chicken backs, necks and or wings

1 tablespoon cooking oil

1 onion, chopped

1 can (4 oz.) green chilies, chopped

2½ cups Medium White Sauce made with broth (see recipe below)

6 Tortillas (see recipe attached)

3/4 cup cheddar cheese, grated

3/4 cup mozzarella cheese, grated

- In large pan, combine raw chicken and water. Bring to a boil; reduce heat and simmer gently, partially covered, for 2 hours. Add more water if needed. Remove from heat and cool. (Can refrigerate overnight.)
- 2. Remove meat from bones and cube or shred. Set broth aside.
- 3. Prepare Medium White Sauce using broth from chicken.
- 4. Sauté onion and green chilies in oil; add white sauce and simmer 15 minutes.
- 5. Prepare Tortillas and cut in quarters. Line bottom of 9x13x2-inch pan with Tortillas, add a layer of chicken, a layer of sauce, and top with cheese; repeat.
- 6. Cover with aluminum foil.
- 7. Label with date and baking instructions. Freeze with bag of extraTortillas.

To prepare for serving:

In refrigerator thaw Chicken Enchiladas and Tortillas. Remove foil and bake enchiladas at 350° Fahrenheit for 30 to 40 minutes. Heat and serve additional Tortillas. Serves 8.

Enjoy with:

Ice-cold milk Spicy Spanish rice Cool sliced pears (fresh, canned or frozen)

MAGIC MIX (all-purpose mix for sauces)

4 cups nonfat dry milk powder 1 cup flour ½ cup margarine



Nutrition Facts

Calories 510 Calories from Fat 220

Vitamin A 30% • Vitamin C 4%

Calcium 40% • Iron 15%

* Percent Daily Values are based on a 2,000

%Daily Value*

45%

30% 37%

15% 4%

Serving Size 1 enchilada (263g) Servings per Recipe 8

Amount per Serving

Total Fat 24g

Cholesterol 90mg

Sodium 890mg

Protein 29a

Saturated Fat 9g

Total Carbohydrate 44g

Dietary Fiber 1g Sugars 4g

- 1. Put into large bowl and mix until it looks like coarse cornmeal.
- 2. Refrigerate in tightly covered container.

White Sauce - Stir over medium heat until smooth and thick. Yield 1 cup.

For thin sauce: $\frac{1}{3}$ cup Magic Mix and 1 cup water. For medium sauce: $\frac{1}{2}$ cup Magic Mix and 1 cup water. For thick sauce: $\frac{2}{3}$ cup Magic Mix and 1 cup water.

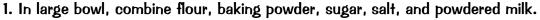
Tortillas

1 cup Master Mix 1 cup flour ½ cup warm water (approximate)

- 1. Combine Master Mix and flour. Add enough warm water to make a soft dough.
- 2. Knead in a bowl or on a floured surface for 2-3 minutes or until smooth and elastic.
- 3. Form into 11/2 -inch balls. Cover and let rest 10 minutes.
- 4. Roll each ball out between plastic wrap or on a floured surface to form a 6-inch circle.
- 5. Bake on a moderately hot nonstick or lightly greased griddle or fry pan. Cook each tortilla on one side for 15 seconds; turn and bake on second side until lightly browned. Turn again to brown first side. Makes 6 tortillas.

MASTER MIX (all-purpose baking mix)

8 cups unsifted, enriched flour ¼ cup baking powder 3 tablespoons sugar 1 tablespoon iodized salt 1⅓ cups nonfat dry milk powder ⅔ cup canola oil



- 2. Drizzle oil over dry mixture; cut in with pastry blender or fingers until it resembles coarse cornneal.
- 3. Store unused mix in covered container in refrigerator. Yields approximately 10 cups. Keeps about 3 months in refrigerator.

NOTE: To measure Master Mix for recipes, stir lightly, pile into cup (do not shake), and level off.

VARIATIONS:

Whole Wheat Master Mix - Use 4 cups white flour and 4 cups unsifted whole wheat flour. Keep refrigerated.

Margarine or Butter Master Mix - Reduce salt to 2 teaspoons. Use ³/₄ cup butter, margarine, or shortening in place of canola oil. Keep refrigerated.

Cook Once: Eat for 2 Weeks developed and presented by WIN the Rockies and the University of Wyoming Cooperative Extension *Cent*ible Nutrition Program*. For recipes visit www.uwyo.edu/centsible. For WIN the Rockies information visit www.uwyo.edu/wintherockies.