

RECIPE

CHEESY CHICKEN & CORN ENCHILADAS

INGREDIENTS:

for dry rub seasoning

- 2 tsp salt
- 1 tsp black pepper
- 2 tsp garlic powder
- 2 tsp onion powder
- 1 tsp paprika
- 1 tsp dried oregano
- 1 tsp dried parsley

for enchiladas

- 1 lb. chicken breasts
- 1 c. corn kernels, thawed if frozen
- 1/2 red bell pepper, diced
- 3 scallions, chopped
- 1/2 c. parsley, chopped
- 2 c. shredded monterey jack/cheddar, 1/2 c for mixture
- 2 tbsp. cream cheese
- 3 tbsp. sour cream
- 12 flour tortillas

DIRECTIONS:

Preheat oven to 400 degrees. Meanwhile, In a large bowl, season (2) 15 oz. cans of tomato sauce with half of the dry seasoning mixture. Set aside.

Place the chicken breasts on a sheet pan and use the remaining dry rub mixture to season the chicken breasts on both sides. Roast in the oven for 20 minutes. remove from the oven and let stand for 10 minutes. Dice the chicken and add to a large mixing.

Add the sour cream, cream cheese, scallions, red bell pepper, parsley, corn and 1/2 cup of shredded cheese to the chopped chicken. Combine all ingredients well.

Set up an assembly line of your tomato sauce, cutting board to stuff the tortillas, and a baking dish. Ladle one scoop of the tomato sauce on the bottom of the baking dish and roll around until the bottom is thinly covered.

Start by dipping the tortilla in the tomato sauce and lightly coat on both sides. Place the dipped tortilla on the cutting board and spoon about 2 tablespoons of the enchilada mixture into the center of the tortilla, lengthwise. Roll the tortilla and place seam side down in the baking dish, tucking in the edges. Repeat with the remaining tortillas.

Spoon the remaining tomato sauce over the enchiladas and sprinkle the remain 1 1/2 cups of shredded cheese on top.

Cook in the oven at 375 for 35 minutes.

Serves 4-6