

# THE CULINARY

## Playground



### Chicken Enchiladas

*Serves 4*

2 tablespoons vegetable oil  
1/2 white onion, peeled and diced  
1 pound boneless skinless chicken breasts, diced into small 1/2-inch pieces (\*or see substitution below for using pre-cooked shredded chicken)  
sea salt and black pepper  
Heaping Tablespoon diced green chiles  
1/2 can black beans, rinsed and drained  
1/2 cup frozen corn  
5 flour tortillas  
2 cups Mexican-blend shredded cheese  
1 batch red enchilada sauce, or 1 can store-bought enchilada sauce  
optional toppings: fresh cilantro, diced red onions, avocado, sour cream

Preheat oven to 350 degrees F.

In saute pan, heat oil over medium heat. Add onion and saute for 3 minutes, stirring occasionally. Add diced chicken and green chiles, and season with salt and pepper. Sauté for 6-8 minutes, stirring occasionally, or until the chicken is cooked through.

Remove from heat and set aside.

Lay out a tortilla, and spread a tablespoon of enchilada sauce over the surface of the tortilla. Add beans in a line down the middle of the tortilla, a spoonful of the chicken mixture, corn and big pinches of cheese. Roll up tortilla and place in a greased baking dish. Repeat with the remaining ingredients.

Then spread the remaining enchilada sauce on top of the tortillas, and sprinkle on the remaining shredded cheese.

Bake uncovered for 20 minutes. Remove from oven and serve immediately, garnished with chopped fresh cilantro if desired.