

# 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)
- ¾ cup cheddar cheese, grated
- ¾ cup mozzarella cheese, grated

1. 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 extra Tortillas.

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

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: ⅓ cup Magic Mix and 1 cup water.
- For medium sauce: ½ cup Magic Mix and 1 cup water.
- For thick sauce: ⅔ cup Magic Mix and 1 cup water.

## Nutrition Facts

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

Amount per Serving	
Calories 510 Calories from Fat 220	
	%Daily Value*
Total Fat 24g	37%
Saturated Fat 9g	45%
Cholesterol 90mg	30%
Sodium 890mg	37%
Total Carbohydrate 44g	15%
Dietary Fiber 1g	4%
Sugars 4g	
Protein 29g	
Vitamin A 30%	Vitamin C 4%
Calcium 40%	Iron 15%

\* Percent Daily Values are based on a 2,000 calorie diet



## 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 1½ -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



1. In large bowl, combine flour, baking powder, sugar, salt, and powdered milk.
2. Drizzle oil over dry mixture; cut in with pastry blender or fingers until it resembles coarse cornmeal.
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 ¾ cup butter, margarine, or shortening in place of canola oil. Keep refrigerated.