Fajita Enchilada Recipe

Prep Time: 20 min  
Cook Time: 20 min  
Yield: 6 enchiladas; 3 portions

Ingredients:
- 6 corn tortillas
- 6 oz of boneless chicken breast
- 14 oz ounce can of mild red enchilada sauce
- 1 cup of spinach
- ½ yellow onion
- ½ red bell pepper
- 2 cups shredded cheese, half for filling and half for topping
  Served with black beans

Instructions:
1. Preheat the oven to 375 degrees.
2. In a pot, submerge the chicken in water then bring to a boil.
3. Boil the chicken for about 20 minutes or until the meat is white and juices run clear. Shred the chicken with forks.
4. Dice the onion and julienne the bell pepper, then sauté them in a sauté pan or skillet.
5. Wrap the tortillas in a damp paper towel and microwave for about 3 minutes, enough to make them soft and pliable.
6. Once tortillas are cool enough to handle, put the stuffing into the middle of the tortilla with any combination of chicken, onions, cheese, spinach, sauce, and bell pepper.
7. Fold one side of the tortilla to the other to make a roll and place each rolled enchilada onto the baking sheet to make even rows.
8. Pour the leftover sauce evenly over the enchiladas on the baking sheet, sprinkle remaining shredded cheese on top.
9. Bake the enchiladas to finish. 20 minutes or until the cheese on top is melted and the enchilada stuffing is hot.
10. Plate with the black beans and enjoy!

Total Cost of this recipe: $5.05 or $1.68 per person

Chile peppers contain C and A vitamins which are important for supporting the immune system and vision. Capsaicin is the chemical compound found in chiles that attributes to their spiciness.

When cooking with chiles it is good to know you can remove the pith (or inner white rib) where the seeds are attached to reduce the heat and still get all that great chile flavor!