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Minute Menu # 177

# Chicken Enchilada Casserole

Week 5  
Tuesday  
Lunch

Ingredients	12 Servings	24 Servings	Directions
Cream of mushroom soup, Canned, Condensed, undiluted	1- 10 oz can	2- 10 oz cans	<ol style="list-style-type: none"> <li>1. Preheat oven to 350 degrees</li> <li>2. In a large bowl, combine both soups and milk. Mix.</li> <li>3. Add garlic powder, onion powder, pepper and chilies. Mix well.</li> <li>4. Fold in diced chicken. Set aside.</li> <li>5. Spray 9" x 13" baking pan with non-stick vegetable spray.</li> <li>6. Lightly crush tortilla chips in bottom of pan.</li> <li>7. Spread 1/2 of the chicken mixture over the chips.</li> <li>8. Layer 1/2 of the cheese over the chicken mixture.</li> <li>9. Repeat a second layer of chips, chicken mixture and cheese.</li> <li>10. Bake for 30 minutes.</li> <li>11. Let stand for 5 minutes before serving.</li> </ol>
Cream of chicken soup, Canned, Condensed, undiluted	1- 10 oz can	2- 10 oz cans	
Milk, 1% Low-fat	1/4 tsp	1/2 tsp	
Garlic powder	1 tsp	2 tsp	
Onion powder	1/4 tsp	1/2 tsp	
Pepper			
Green chilies, canned, diced	4 oz	8 oz	
Chicken, diced, cooked	3 cup	1 qt + 2 cup	
Low-fat tortilla chips, plain	8 oz	1 lb	
Shredded cheddar cheese, low-fat	2 cup	4 cups	
Portion size for 3-5 year old: 2/3 cup Each serving provides: 1 1/2 oz meat/meat alternate, 1/2 serving bread			

Nutrition Tip: Using low-fat chips, cheese, and soup will help limit the amount of saturated fat.

Physical Activity: Go to your local YMCA or recreation center for swimming and other fun activities they offer.

Recipe Source: What's Cookin' II, Nebraska Dept. of Education Nutrition Services