

your

COMMISSARY ... It's Worth the Trip!



THINKING OUTSIDE THE BOX

Chicken Enchilada Casserole

Building a healthy eating pattern that can be maintained throughout your life means developing cooking habits that help you make more meals at home. Studies have shown that eating the majority of meals prepared away from home can lead to weight gain. In part, this is because you are releasing your control of what you're eating to someone else. You get the end product but don't see what goes in or is used to make it. When you're making your own food, you have control over what you put in it and how much of it goes on your plate. For example, using whole wheat pasta instead of regular or baking your vegetables instead of frying them in butter.

The large majority of dietitians and other licensed health professionals will advise making your meals at home because it will give you greater control on the nutrient density of your meals and on the quantity consumed. For example, it's easier to reduce the sodium and unhealthy fats of your favorite meals when you make them yourself. Oftentimes when we order a dish at a restaurant, the entire plate is full and we may feel as though that's a single portion when in reality it's two or three. Studies have shown that at home, we're more likely to dish out smaller portions and fill the rest of our plate with a side of vegetables.

If you're looking to make a change with your eating pattern that can maximize impact, cook one more meal a week at home. Play around with making your favorite restaurant dish and see how easy it is to reduce the calories simply by making it at home with minor adjustments.

For special occasions we often like to go out to eat to mark them as special. But restaurants can also be loud and there's a definite start and stop to your time there. Consider making those memories at home where you can take your time and make part of the celebration together as a family making the meal. This dish is the Dietitian Approved version of a restaurant classic. At eight to twelve servings, it's a great dish for lunch the next day or save it for another week and freeze it.



Ingredients: 8 - 10 servings

- 2 tbsp. canola oil
- ½ medium onion, diced
- 1 large red bell pepper, cored and diced
- 1 15 oz. can pinto or black beans, rinsed and drained
- ½ cup of frozen sweet corn
- 1 lb. boneless skinless chicken breasts or thighs
- 12 oz. red enchilada sauce
- 12 8-12 in. corn or flour tortillas
- 12 oz. Mexican blend or Colby shredded cheese
- 6-8 oz. green enchilada sauce
- 8 oz. mixed field greens or fresh baby spinach
- ½ cup plain Greek yogurt
- ½ cup salsa

Directions: Preheat oven to 375 degrees F.

1. Lightly spray a 9×13-inch baking dish with cooking spray. Cut the tortillas in half. Set aside.
2. Cut the chicken into ½ inch strips. Add oil to large skillet and heat over medium-high heat. Add the diced onion and sauté for about 3 minutes and then add the chicken. Continue cooking until the chicken turns white.
3. Add 1 cup of the red enchilada sauce to the pan along with the corn and turn the heat down to medium. Cook for an additional 7 minutes, stirring occasionally. Add the beans and cook for about 3 more minutes or until the beans have come to temperature. Remove from the heat.
4. Pour the green enchilada sauce in the baking dish, and spread until the bottom of the dish is evenly coated. Top with a layer of about 8 tortilla halves, so that the entire dish is covered. Top evenly with 1/3 of the chicken mixture, followed by 1/3 of the cheese. Repeat with another layer of tortillas, chicken mixture, and cheese. Followed by a final layer of tortillas, chicken mixture, the remaining red enchilada sauce, and cheese.
5. Cover the pan with aluminum foil, then bake for 20 minutes.
6. Remove aluminum foil and bake uncovered until the cheese is melted (about 7-10 minutes)
7. Remove from the oven and divide into 8-10 equal portions. Serve a portion on each plate and then top with greens or spinach, a dollop each of plain Greek yogurt and salsa.

Notes

- Any boneless lean meat can be used in place of chicken.
- To make this a one skillet meal and forgo the baking, cut the tortillas into strips and add them to the skillet along with the beans in step three. When the beans and tortillas are heated through, add the cheese and cover. Serve by adding a drizzling a little of the green enchilada sauce on the dish, topping with a serving of the "casserole" from the skillet. Top as instructed in step number 7.

DISCLAIMER:

THIS RECIPE DOES NOT CONSTITUTE AN ENDORSEMENT BY DOD OF ANY INDIVIDUAL VENDOR. ANY PRODUCT OF SIMILAR SPECIFICATION MAY BE USED TO MAKE THIS HEALTHY CHOICE MEAL.

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