

Chicken and Mushroom Enchilada



Recipe Rating	
Total Time	90 Minutes
Cooking Time	50 Minutes
Total Labour	40 Minutes
Knife Skills	Basic

Equipment
Chef's knife/Cutting Board
Spatula
Mixing Bowl or Pan
½ size- 2" deep production pans
Bulk Retherm Cart (or regular oven) or Tray Service Retherm Cart

Nutrition Facts	
Valeur nutritive	
Per 1 serv (245g) / par 1 serv (245g)	
Amount	% Daily Value
Teneur	% valeur quotidienne
Calories / Calories	300
Fat / Lipides 8g	13%
Saturated / satures 2g	
+ Trans / trans 0g	10%
Cholesterol / Cholesterol	25mg
Sodium / Sodium 440mg	18%
Carbohydrate / Glucides 39g	13%
Fibre / Fibres 5g	20%
Sugars / Sucres 4g	
Protein / Proteines	18g
Vitamin A / Vitamine A	0%
Vitamin C / Vitamine C	15%
Calcium / Calcium	15%
Iron / Fer	10%

	25 Portions		50 Portions	
	Metric	Standard	Metric	Standard
Cooked Unseasoned Chicken Strips	1.2 kg	2.6 lbs.	2.4 kg	5.2 lbs.
Onion	1.3 kg	2.7 lbs.	2.5 kg	5.4 lbs.
Sliced Mushrooms	775 g	1.7 lbs.	1.6 kg	3.4 lbs.
Sour Cream	250 mL	1 cup	500 mL	2 cups
Shredded Cheese, Nacho Flavour	750 mL	3 cups	1.5 L	6 cups
Tex Mex Rub (see recipe)	30 mL	2 Tbsp.	60 mL	¼ cup
Whole Wheat Medium Tortillas	25 each	25 each	50 each	50 each
Fresh Tomato Salsa (see recipe)	750 mL	3 cups	1.5 L	6 cups

Method



1. Dice chicken and onions into 1 cm (1/2") cubes.

If the Tex Mex rub is too spicy, adjust the spices by lowering the amount of chili powder.



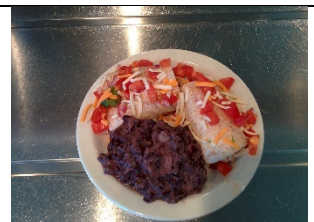
2. Prepare Tex Mex Rub according to recipe. Mix all ingredients except tortillas, salsa and 1/3 of the shredded cheese.

Place about ½ cup of filling in each tortilla. Roll together and place in pan or on plate seam side down.



3. **Bulk:** Sprinkle salsa and cheese on top of Enchiladas. Place in Multigen for 50 minutes.

Cold Plating: Sprinkle salsa and cheese on top of Enchilada. Cover with Lid. Place on the hot side of the tray to retherm prior to service.



4. Serve Hot.

Garnish: Chopped green onions

Food Accompany: appropriate side dishes like refried beans or vegetables

