



Morgan Wood

Resident Recipes

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Chicken from South of the Border: *Two Ways*

Whether you're looking for something "different" to make for company, or just want to mix up a weeknight meal, here are two chicken recipes that will give a little "kick" to your taste buds!

First up, one of those "it's-so-simple-I-could-make-it-in-my-sleep recipes."

This version of chicken enchiladas is quick - you can pick up a rotisserie chicken, bottled salsa verde and a few other ingredients on your way home, and have this dish in the oven in 20 minutes. Or assemble earlier in the day and bake later. When I've got time, I make my own tomatillo salsa but there are plenty of great brands at your favorite grocery store.

Chicken Enchiladas with Salsa Verde

Serves: 4 servings (serving size: 2 enchiladas and 1 lime wedge)

Adapted from *Cooking Light*

Ingredients

- 1 cup chopped white onion
- 1/4 cup chopped fresh cilantro
- 2 garlic cloves, minced
- 1 (7-ounce) bottle salsa verde (such as Frontera)
- 2 cups shredded cooked chicken breasts
- 1/3 cup (3 ounces) 1/3-less-fat cream cheese, softened
- 1 cup fat-free, less-sodium chicken broth
- 8 (6-inch) whole wheat tortillas
- cooking spray
- 1/4 cup (1 ounce) grated Cotija cheese (or queso fresco)
- 1/2 teaspoon chili powder
- 4 limes wedges
- sprig cilantro (optional)

Instructions

1. Preheat oven to 425.
2. Combine first 4 ingredients in a blender; process until smooth. Combine chicken and cream cheese in a large bowl. Stir in 1/2 cup salsa mixture. Reserve remaining salsa mixture.
3. Bring broth to a simmer in a medium skillet. Working with



Chicken Enchiladas Verdes

- one tortilla at a time, add tortilla to pan; turn once to moisten. Remove tortilla; drain on paper towels.
4. Spoon about 1/4 cup chicken mixture down center of tortilla; roll up. Place tortilla, seam-side down, in a medium-sized baking dish coated with cooking spray. Repeat procedure with remaining tortillas, broth, and chicken mixture.
5. Pour remaining salsa mixture over enchiladas; sprinkle evenly with queso fresco and chili powder.
6. Bake at 425 for 18 minutes or until thoroughly heated. Serve with lime wedges. Garnish with cilantro sprigs, if desired.

For an easy side dish, saute corn in large skillet until starting to brown, add canned black beans (drained), a few squeezes of lime juice, some cumin, salt and pepper and cook until hot. Stir in diced tomatoes, sprinkle with chopped cilantro and serve.

These enchiladas are a great dish to keep on hand in the freezer. If freezing, do so before adding the cheese and chili powder. This is a recipe that I double every time I make it so I always have one ready for a night there's no time to cook.

Next, a recipe that is packed with tons of great flavor, and a little nostalgia.

For years, John and I had a Saturday night ritual. We'd go to the 5:15 service at church, sit in our "usual" spot, then head to Tejas,



Grilled Chicken Burrito - Swirl

our then-favorite restaurant, for dinner. Francois* always got us a great table. Friends knew exactly where to find us, and we often ended up with a group of 6 or 8.

Without exception, I always ordered the "Grilled Chicken-Wild Rice Burrito with Mango-Habanero Sauce." Sadly, Tejas closed a few years back. Talk about throwing us for a loop!

I was able to nab the recipe for my favorite dish before Tejas' doors closed, and recently, I finally had the courage to try it. I must say... it tastes just like the original!

The tortilla gets just crispy enough to give it a little crunch, and the flavors inside meld together beautifully. The sauce gives it a sweet & spicy kick. {You may or may not need a margarita to take care of that. Don't say I didn't warn you.}

The preparation looks daunting, but it's really not. You can do several things simultaneously - AND there are some shortcuts you can take, which I've included in the instructions. Assemble the burritos early in the day and bake them when you're ready {bring to room temperature first}. The sauce can also be made ahead of time and rewarmed just before serving.

Chicken-Wild Rice Burrito w/ Mango-Habanero Sauce

Author: Adapted from Tejas

Serves: 6-8

Burrito

- 12 ounces wild rice, cooked until tender
- 3 red bell peppers, roasted, peeled, seeded and diced
- 3 poblano peppers, roasted, peeled, seeded and diced
- 1 Tbs butter
- 1 small yellow onion, diced
- 4 cloves garlic, minced
- 12 ounces portobello mushrooms, sliced
- 3 Tbs fresh marjoram, chopped
- 3 ounces Asiago cheese, grated
- 3 ounces Monterey Jack cheese, grated
- 1 rotisserie chicken, shredded without skin



Grilled Chicken Wild Rice Burrito

- 8 whole wheat tortillas - 8 inch
- melted butter

Sauce

- 1 Tbs peanut or vegetable oil
- 1/4 cup diced onion
- 1/4 cup diced carrot
- 1 fresh habanero chile, seeded and diced
- 3 mangoes, peeled, cored and diced
- 1/2 cup champagne vinegar (sherry vinegar fine too)
- 1/4 cup ketchup
- 1 Tbs sugar
- salt & pepper to taste

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