

Experiment #1

Spinach and Cheese Chicken Enchiladas

Submitted by: Prof. Anna Wenzel



In this experiment, you will prepare a flavorful version of a Mexican classic. You are responsible for having read all of the instructions before coming to the kitchen so you have a definite plan of attack in mind, and you are prepared to obtain flavorful results. **Exclusion of the chicken readily prepares a vegetarian version of this dish.**

Table of Reagents

Chemical	Quantity Needed
butter	1 tablespoon
scallions (diced)	2 bunches (~0.5 cup)
minced garlic	4 cloves
rotisserie chicken (unseasoned or herb)	1
frozen, chopped spinach	1, 16 ounce bag
chili powder	½ teaspoon
salt	¼ teaspoon
queso fresco	1 cup
sour cream	½ cup
Monterey Jack cheese	1 ½ cups + extra for topping
Mozzarella cheese	1 ½ cups + extra for topping
corn tortillas	18-20
enchilada sauce	2, 10-ounce cans

Experimental Procedure

- Preheat the oven to 350 °C
- To a large bowl combine:
 - 1 cup of crumbled queso fresco
 - 1.5 cups of Monterey Jack cheese
 - 1.5 cups of Mozzarella cheese
 - 0.5 cup of sour cream
- To a large saucepan under med-high heat, melt 1 tablespoon of butter (olive oil can also be used). Sautee the diced scallions and garlic until soft (about 5 min). Next, add the salt and chili powder, followed by the spinach (thawed, with excess liquid removed) and chicken (shredded). Mix well. Once heated through, combine this mixture with the cheese mixture in the bowl. Stir well to combine. This is the enchilada filling.
- In batches of 9-10, place tortillas in the microwave for 30 seconds to soften. Next, spoon 2 heaping tablespoons of the filling into the center of a tortilla and roll it. Place it seam-side down in a foil-lined 9 x 13 inch baking dish. Repeat this procedure. You should be able to get 9 enchiladas fitted into this dish. Anticipate that this recipe scale will **yield 2, 9 x 13 dishes = 18 enchiladas = 9 servings**.
- Cover the enchiladas in each dish with a 10 oz. can each of enchilada sauce. Sprinkle Monterey Jack and Mozzarella cheese on top.
- Cook enchiladas at 350 °C for 30 min. The cheese will be browned on top and the filling will be bubbling.
- Enjoy!