



Cheesy Chicken Tortilla Bake

40 minutes | 2 servings

Find cookware

[baking dish](#)
[can opener](#)
[chef's knife](#)
[colander](#)
[cutting board](#)
[garlic press \(optional\)](#)
[grater](#)
[measuring spoons](#)
[medium saucepan](#)
[stirring spoon](#)
[whisk or fork](#)

Grab ingredients

1/4 (8 oz) block	cheddar cheese
3/4 lb	chicken breasts, boneless skinless
1/2 small bunch	cilantro
1 (14.5 oz) can	diced tomatoes
1 clove	garlic
1/2 small bunch	green onions (scallions)
1/2	jalapeño pepper
2	large flour tortillas
0.375 cup	plain Greek yogurt
1/2	red bell pepper
1 medium	yellow onion
	all-purpose flour
	chili powder
	cumin, ground
	extra virgin olive oil
	mayonnaise
	salt

Cook & enjoy

- 1 Preheat oven to broil and position rack under the broiler.
- 2 Add chicken and salt to a medium saucepan. Cover with water and bring to a boil.
¾ lb chicken breasts, boneless skinless
1 tsp salt
4 cup water
- 3 Turn heat down to medium and simmer until chicken is cooked through, about 10 minutes.
- 4 Meanwhile, heat oil in a second saucepan over medium heat.
½ tsp extra virgin olive oil
- 5 Peel and small dice onion. Peel and mince garlic. Add both to second preheated pan.
1 medium yellow onion
1 clove garlic
- 6 Wash and dry bell pepper and jalapeno. Seed and remove ribs with a spoon. Be careful, with jalapenos, not to touch your eyes and ensure you wash your hands after handling or wear gloves while preparing.
½ red bell pepper
½ jalapeño pepper
- 7 Small dice all peppers and add to the pan.
- 8 Season with chili powder, cumin, and salt. Cook until vegetables are softened, about 5 minutes.
½ tsp chili powder
½ tsp cumin
½ tsp salt

- 9 Drain diced tomatoes; discard juice and add tomatoes to the pan.
1 (14.5 oz) can diced tomatoes
- 10 Add yogurt, mayo, and flour to the pan, stirring to combine. Bring mixture to a boil and then reduce heat to minimum.
1 tbsp mayonnaise
1 tbsp all-purpose flour
1/4 cup plain Greek yogurt
- 11 When chicken is done, drain and shred with a fork. Add to vegetable and yogurt mixture.
- 12 To assemble, place a tortilla on the bottom of a baking dish. Cover with half of the chicken mixture.
Add a second tortilla and remainder of the chicken mixture.
2 large flour tortillas
- 13 Top with cheese. Broil for 3 minutes until cheese on top melts and becomes golden brown.
1/4 (8 oz) block cheddar cheese
- 14 Trim off and discard the ends of the green onions; cut the onions crosswise into 1/4-inch pieces at an angle.
1/2 small bunch green onions (scallions)
- 15 Shave the cilantro leaves off the stems; discard the stems and mince the leaves.
1/2 small bunch cilantro
- 16 To serve, divide the tortilla between plates, top with green onions, cilantro, and a drizzle of yogurt.
Enjoy!
1/8 cup plain Greek yogurt