

Title:

Mexican Family Night Menu

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Summary:

Chicken Enchilada Casserole Recipe, Black Bean Corn Salsa Recipe

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Article Body:

Chicken Enchilada Casserole Recipe

This is a Tex-Mex casserole dish that will be eaten up so fast. It is petty simple to make. It is assembled just like a Lasagna dish. Only differnece is that we use Corn Tortillas.

Happy Cooking!

Ingredients:

- * 10 - 7 inch corn tortillas
- * 1 lb. chicken, cooked and shredded
- * 1 lb. Cheddar cheese, shredded
- * 1 pt. sour cream
- * 1/2 cup chicken broth
- * 1 packet taco seasoning
- * 1 cup mayo.
- * 1/4 green onions, chopped (garnish)
- * 1 can Rotel, drained (garnish)

Instructions:

1. Preheat oven to 350
2. Cook chicken, shred, and cool.
3. Mix shredded chicken, sour cream, chicken broth, taco seasoning, mayo, 3/4 of cheddar cheese, and salt & pepper in a bowl.

4. Lightly grease a 9x9 casserole dish.
5. Place 2 corn tortillas on bottom of the casserole dish.
6. Cover with chicken mixture.
7. Repeat until all tortillas are gone. Note: The final layer should be 2 tortillas.
8. Place drained Rotel and remaining cheddar cheese on top.
9. Cover with foil and bake for 45 min.
10. Remove foil and place under broiler for 3-5 mins.
11. Garnish with chopped green onions.

Tips from Chef Bek:

- * Boil your chicken to prevent from overcooking.
- * If Rotel is not available, use a can of Mexican Stewed Tomatoes.

Black Bean Corn Salsa Recipe

Salsa does just not have to be served with the traditional tortilla chips anymore. This black bean corn salsa is a great addition to any meal, or dish. Best of all, it is a fat free and low calorie accompaniment.

Happy Cooking!

- * 1 can black beans - drained and washed
- * 1 can corn - drained
- * 1/2 cup diced red onion
- * 1/4 cup diced jalapenos
- * 1/2 cup chopped cilantro
- * 1/4 cup fresh lime juice
- * 2 large tomatoes - diced
- * 2 cloves garlic - chopped
- * salt and pepper to taste

Directions:

Wash all your veggies, drain all your canned goods, and cut as described. Combine all into a plastic or glass container.

Chill in the refrigerator at least 8 hours, or overnight, before serving.

Tip From Chef Bek:

Do not use a metal container to store the salsa. The acids in the lime juice and

tomatoes will have a reaction with the metal.

Serving Suggestions:

- * Serve with warm tortilla chips.
- * Serve as a sauce for fresh fish.
- * Wrap in a warm tortilla with chicken, sliced avocado, and lettuce.
- * Place inside a breakfast omelet.
- * Add to a bed of mixed greens with some crushed tortilla chips.

Happy Eating!