

DINNERLY



Low-Cal Chicken Enchilada Casserole with Peppers & Melted Cheddar



30-40min



2 Servings

We never thought we'd describe enchiladas as "dreamy" until we met this two-in-one casserole. Its soft, gooey layers of chicken and peppers, enchilada sauce, and shredded cheese have us swooning. And the best part? It all comes together in one skillet. Low effort, big impression. That's the kind of meal you take home to your parents. We've got you covered!

WHAT WE SEND

- 1 bunch scallions
- 1 bell pepper
- garlic
- 6 (6-inch) flour tortillas ^{1,2}
- 2 (4 oz) pkts green enchilada sauce ^{1,2}
- ½ lb pkg chicken breast strips
- 2 oz pkg shredded cheddar-jack blend ³

WHAT YOU NEED

- neutral oil
- kosher salt & ground pepper

TOOLS

- medium ovenproof skillet

ALLERGENS

Soy (1), Wheat (2), Milk (3). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

Calories 630kcal, Fat 35g, Carbs 47g, Protein 41g



1. Prep ingredients

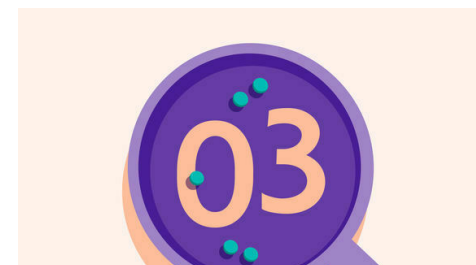
Preheat oven to 450°F with a rack in the upper third.

Trim ends from **scallions** and thinly slice, keeping dark greens separate. Halve **pepper**, discard stem and seeds, then cut into ½-inch pieces. Finely chop **2 teaspoons garlic**. Coarsely chop **2 of the tortillas**. Mix **all of the enchilada sauce** with **⅔ cup water**.



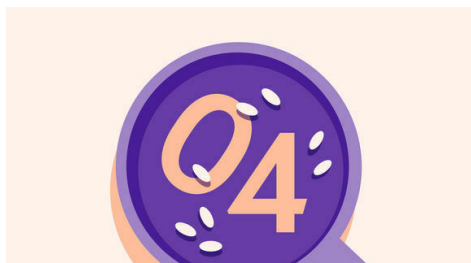
2. Cook chicken

Heat **2 tablespoons oil** in a medium ovenproof skillet over medium-high. Pat **chicken** dry. Add to skillet in an even layer; season with **salt** and **pepper**. Cook, stirring occasionally, until just starting to brown, about 5 minutes.



3. Cook veggies

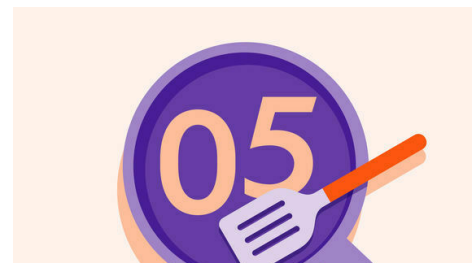
Add **peppers** to skillet with **chicken**; cook over medium-high heat until chicken is cooked through and peppers are softened, 3–5 minutes. Add **chopped garlic** and **scallion whites and light greens**; cook until fragrant, 1–2 minutes more. Remove skillet from heat.



4. Finish filling & assemble

In same skillet, add **chopped tortillas** and **½ cup sauce mixture**. Stir, scraping up any browned bits from bottom of skillet, until combined.

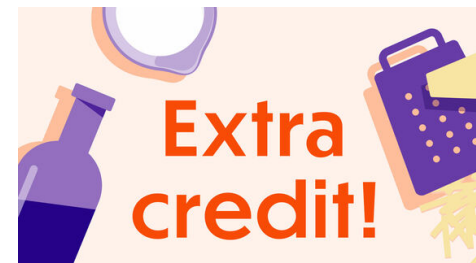
Layer **remaining 4 tortillas** on top of **filling**. Pour **remaining sauce mixture** over top and sprinkle with **cheese**.



5. Cook casserole & serve

Lightly **oil** foil; cover skillet oiled side down. Bake on upper oven rack until **cheese** melts and **casserole** warms through, about 10 minutes. Remove foil; switch oven to broil. Broil until cheese is browned in spots, 2–3 minutes (watch closely). Remove from oven; let rest five minutes.

Serve **chicken enchilada casserole** with **scallion dark greens** sprinkled over top. Enjoy!



6. Add a creamy finish

We find the melty cheese is plenty satisfying, but feel free to top your casserole with a dollop of guacamole or sour cream for an extra creamy finish!