

DINNERLY



Low-Cal Chicken & Bean Chilaquiles with Cheddar



30-40min



2 Servings

Chilaquiles: as fun to say as they are to eat. Chicken, pinto beans, cheese, baked tortilla strips, and enchilada sauce come together in one skillet, then they bake in the oven until all those flavors meld into each other for a saucy, cheesy, crispy good time. We've got you covered!

WHAT WE SEND

- 6-inch corn tortillas
- ½ lb pkg chicken breast strips
- 15 oz can pinto beans
- 4 oz red enchilada sauce
- ¼ oz taco seasoning
- 2 oz shredded cheddar-jack blend ⁷

WHAT YOU NEED

- neutral oil
- kosher salt & ground pepper
- garlic

TOOLS

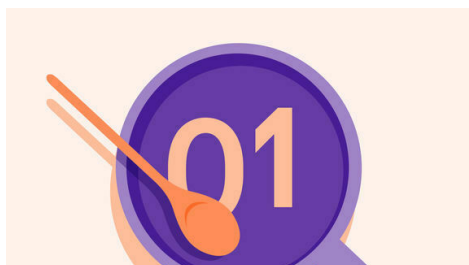
- rimmed baking sheet
- medium ovenproof skillet

ALLERGENS

Milk (7). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

Calories 650kcal, Fat 20g, Carbs 75g, Protein 49g

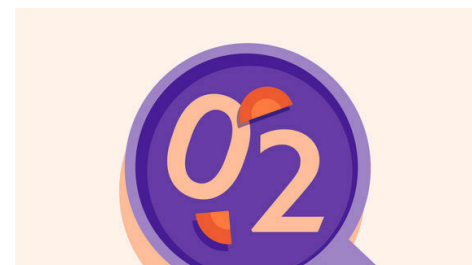


1. Prep tortillas & garlic

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

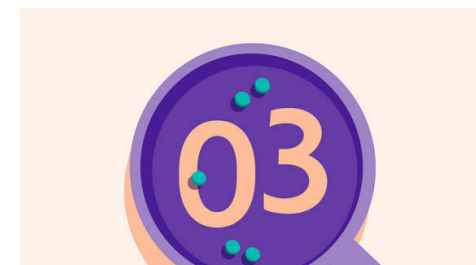
Stack **6 tortillas** (save rest for own use, if any); cut in half, then cut into ½-inch strips. Toss on a rimmed baking sheet with **2 tablespoons oil** and **a pinch each of salt and pepper**; spread into an even layer.

Finely chop **1 teaspoon garlic**.



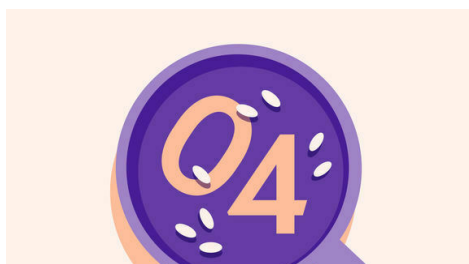
2. Bake tortilla strips

Bake **tortilla strips** on upper oven rack until crisp and browned in spots, stirring halfway through cooking time, 4–6 minutes (watch closely as ovens vary).



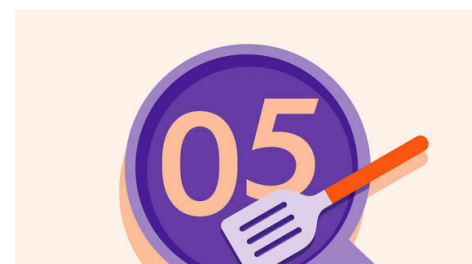
3. Cook chicken

While **tortilla strips** bake, pat **chicken** dry. Heat **1 tablespoon oil** in a medium ovenproof skillet over medium-high. Add chicken in an even layer; season with **salt** and **pepper**. Cook, stirring occasionally, until just starting to brown, about 5 minutes.



4. Cook beans

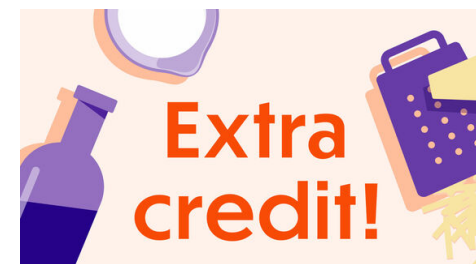
To skillet with **chicken**, add **chopped garlic**; cook, stirring occasionally, until fragrant, about 30 seconds. Stir in **beans and their liquid**, **red enchilada sauce**, **taco seasoning**, and **½ cup water**; bring to a boil over high heat. Lower heat and simmer, about 2 minutes. Season to taste with **salt** and **pepper**.



5. Finish & serve

To same skillet, stir in **half the tortilla strips** until combined. Sprinkle remaining tortilla strips and **cheese** evenly over top. Bake on upper oven rack until cheese is melted and tortilla strips are golden-brown, 3–4 minutes.

Let **chicken and bean chilaquiles** stand for 5 minutes before serving. Enjoy!



6. Did you know?

Although reducing food waste is a top priority, sometimes in spite of best efforts, we end up with leftovers in our test kitchen and packing facilities. When that happens, we still make sure it doesn't go to waste. One way of ensuring all of our nutritious food ends up on a table is by donating to local charities like Table to Table and Grace Place.