

Junior Chefs' Awesome Chicken Enchilada Cups

Read it! (Read your recipe all the way through before you begin!)

Place it! (Get everything out and ready to cook.)

Ingredients:

$\frac{3}{4}$ cup chopped cooked chicken (1 small chicken breast)
 $\frac{1}{2}$ cup cooked black beans (drained and rinsed)
 $\frac{1}{2}$ cup low fat monterey jack cheese (2 oz. block), grated
 $\frac{1}{2}$ cup sharp cheddar cheese (2 oz. block), grated
1 green onion (both white and green parts), thinly sliced
10 oz. can green chile enchilada sauce
6 - 6" whole wheat tortillas

Optional toppings:

Sour cream; shredded lettuce; salsa; olives; lime juice; cilantro

Create it! (Time to COOK!)

Preheat oven to 400°F. Line muffin tins (6 cavities) with paper liners.

1. Mix chicken, black beans, cheeses, green onion and enchilada sauce together in a large bowl.
2. Cut tortillas into 4 triangles and line muffin tins to form a bowl.
3. Divide chicken mixture equally between cupcakes.
4. Bake 20-25 minutes, watching carefully to make sure tortillas do not burn.
5. Remove from oven and allow to cool.
6. Garnish with delicious traditional tex mex toppings such as; lime sour crema sauce, olives, shredded lettuce, fresh pico de gallo and cilantro!

Makes 6 cupcakes. Great as a main dish or appetizer!



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