

Mexican Chicken Enchiladas with Ripe Plantain Slices, Brown Rice, Sliced Pineapple and Black Bean, Corn & Tomato Salsa

(Use of BIG BANANA® Sweet Plantain Slices)



Servings: 4



Total Time: 40 min.



Level: Beginner

INGREDIENTS

- 4 each Chicken Enchiladas
- 12 each BIG BANANA® Ripe Plantain Slices
- Brown rice, cooked
- Pineapple slices
- Black Bean, Corn & Tomato Salsa

For the Chicken Enchiladas

- 2 boneless skinless chicken breasts
 - ¼ tsp. sea salt
 - Pinch of ground black pepper
 - Light chicken broth or water as needed
 - 1 clove garlic, minced
 - ½ of a Spanish onion
 - 1 (10 oz.) enchilada sauce
 - Light chicken broth or water as needed
 - 1/3 cup cheddar cheese, shredded, divided
 - 1/3 cup Monterrey jack cheese, shredded, divided
 - 1/3 cup fresh cilantro, roughly chopped, divided (plus more for garnish)
 - Canola oil as needed
 - 4 6-inch whole wheat flour tortillas
 - Shredded lettuce, for garnish
1. Preheat the oven to 400° F
 2. Season chicken breast with sea salt and ground black pepper.
 3. In a 4-6 qt sauce pan place the broth with the chicken, garlic, onion and bring to a boil. Reduce the heat to low, cover and cook chicken until cooked through, about 15-18 minutes. Remove the chicken from the broth and let cool. Strain the broth and save for another use.
 4. Once the chicken has cooled enough to handle shred the breasts using two forks by holding one fork steady and slowly scraping the other fork, prongs faced backwards, away from the other fork.
 5. Transfer the shredded chicken to a large bowl and add half the enchilada sauce from the pan, half the Monterrey jack and half the cheddar cheese.
 6. Add ½ of cilantro to the shredded chicken. Stir to combine.
 7. Wrap the whole wheat flour tortillas in a damp cloth or paper towel and microwave for 15-20 seconds on high until pliable and warm.
 8. Grease an 8" x 8" casserole dish with canola oil. Spoon about ¼ cup of the chicken mixture along the center of a tortilla. Roll the tortilla around the filling and place into the baking dish, seam-side down. Repeat with remaining tortillas.

9. Pour the remaining sauce over the enchiladas and sprinkle the remaining cheese over the sauce.
10. Place casserole dish in the oven, uncovered, for 8-10 minutes until cheese is melted. Garnish with fresh cilantro.

For the Ripe Plantain Slices

- 12 each Big Banana Ripe Plantain Slices
- Vegetable Oil, as needed for Frying

PROCEDURE

1. Preheat fryer to 350F
2. Working in batches add the plantains to the fryer basket and gently lower it into the oil and cook for 3-4 minutes
3. Drain and hold warm

TO ASSEMBLE:

Place the shredded lettuce on the bottom of your dish and top with the chicken enchiladas and three plantain slices. Serve with sliced pineapple and black bean, corn & tomato salsa.