Monterey Jack & Chicken Tortillas

This dish delivers an authentic taste of the American Southwest.

INGREDIENTS

(Makes 8 Tortillas)

Parsley, chopped 14g
Coriander, chopped 14g
Tomato sauce 130g
Garlic, minced 7g
Salt and Pepper To taste
U.S. Monterey Jack Cheese, shredded 250g
Chicken, cooked, chopped 500g
Carrots, shredded 40g
Green peppers - cooked and sliced diagonally 30g
Flour tortillas 8

NUTRITIONAL CONTENT

Per 100g
Calories 214kcal
Total Fat 9g
Saturated Fat 4g
Trans Fat 0g
Cholesterol 2mg
Total Carbohydrates 44g
Dietary Fiber 1g
Sugars 1g
Protein 18g
Calcium 182mg
Magnesium 22mg
Phosphorus 201mg
Potassium 200mg
Sodium 345mg
Iron 2mg
Vitamin A 840IU
Vitamin C 6mg

PREPARATION

1. In a food processor blend parsley, coriander, tomato sauce, garlic, salt and pepper.
2. In a large bowl mix half of the Monterey Jack cheese with chicken, carrots and green peppers.
3. Divide mixture evenly between the tortillas. Roll each filled tortilla and place in a baking dish.
4. Pour tomato-parsley mixture over the tortillas and cover the baking dish.
5. Bake tortillas in oven for 15 minutes at 190°C (375°F).
6. Sprinkle remaining Monterey Jack cheese over tortillas and bake for another 5 minutes until cheese is melted.

Rely on the dynamic lineup of U.S. dairy products to meet consumer demand for tasty and nutritious foods. The U.S. Dairy Export Council (USDEC) offers resources on ThinkUSAdairy.org, including a dairy ingredient supplier search, consumer, nutrition and product research, technical insights and recipe ideas to help develop your next successful menu item.

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