

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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