

# Chicken & Black Bean Enchiladas

*with Roasted Salsa Verde & Monterey Jack Cheese*

This gorgeous, Mexican dish is part of the long-standing tradition of wrapping foods in tortillas, a practice that dates at least as far back as the Mayans. Recipes for the enchiladas we recognize today began appearing in cookbooks in the 1830's. The word enchilada itself is a form of the verb *enchilar*, literally “to decorate with chile.” Make it beautiful, chefs!



## Ingredients

- 4 Cloves Garlic
- 1 15-Ounce Can Black Beans
- 1 Large Bunch Cilantro
- 1 Lime
- 1 Yellow Onion
- $\frac{3}{4}$  Pound Tomatillos
- 1 Poblano Pepper
- 2 Boneless, Skinless Chicken Breasts
- 1 Teaspoon Ground Cumin
- 4 6-Inch Flour Tortillas
- 1 Cup Shredded Monterey Jack Cheese

Makes 3 Servings  
About 670 Calories Per Serving



# Instructions



## Prepare the ingredients:

Preheat the oven to 500°F. Wash and dry the fresh produce. Peel and mince the garlic. Drain and rinse the black beans. Pick the cilantro leaves off the stems; discard the stems and roughly chop the leaves. Using a peeler, remove the green rind of the lime, avoiding the white pith; mince the rind to get 2 teaspoons of zest. Cut the lime into quarters. Peel and small dice the onion. Remove the papery husks of the tomatillos.



## Roast the poblano & tomatillos:

Place the **poblano pepper** and **tomatillos** on a sheet pan. Drizzle with oil and season with salt and pepper. Place in the oven and roast 9 to 11 minutes, or until the skin of the pepper is browned and blistered. Remove from oven. When cool enough to handle, carefully remove and discard the skin and seeds of the pepper, then finely chop. Finely chop the tomatillos.



## Cook the chicken:

While the peppers and tomatillos roast, season the **chicken breasts** with salt and pepper on both sides. In a medium pan (nonstick, if you have one), heat 2 teaspoons of olive oil on medium-high until hot. Add the seasoned chicken and cook (loosely covering the pan with aluminum foil) 4 to 6 minutes per side, or until browned and cooked through. Transfer the cooked chicken to a plate and let rest for at least 5 minutes. Wipe out the pan. When cool enough to handle, cut the chicken into bite-sized pieces.



## Make the salsa verde:

While the chicken rests, in the same pan, heat 2 teaspoons of olive oil on medium-high until hot. Add the **onion** and **garlic** and season with salt and pepper. Cook, stirring occasionally, 4 to 6 minutes, or until softened. Stir in the **chopped poblano pepper and tomatillos**, **lime zest** and **½ cup of water**; season with salt and pepper. Simmer, stirring occasionally, 5 to 7 minutes, or until thickened and slightly reduced in volume. Remove from heat.



## Fill & roll the enchiladas:

While the salsa simmers, in a medium bowl, combine the **black beans**, **cumin**, **chopped chicken**, **half the cilantro**, **the juice of 2 lime wedges** and **1 tablespoon of olive oil**. Stir to combine and season with salt and pepper to taste. Spread a thin layer of the **salsa verde** and **about ½ cup of the chicken-bean mixture** onto the bottom of a baking dish. Divide the **remaining chicken-bean mixture** between the **tortillas**. Roll each filled tortilla tightly and place in the baking dish, seam side down.



## Bake the enchiladas:

Pour the **remaining salsa verde** over the enchiladas, then sprinkle the **Monterey Jack cheese** over the top; lightly season with salt and pepper. Place in the oven and bake 10 to 12 minutes, or until the cheese is browned and bubbling. Let stand for 1 to 2 minutes before serving. Garnish with the **remaining cilantro and lime wedges**. Enjoy!