

your

# COMMISSARY

*Gingo de Mayo*

E D I T I O N



VOL. 5 NO. 8

APR 22- MAY 5

## Meat Manager's Specials!



Mexican Style Chicken Legs



Gold Leaf® Chicken Leg Quarters 10 lb.

**HOT PRICE**



All Natural Reduced Fat Ground Pork

**HOT DEAL**



Tyson® All Natural Chicken Breast Tenderloins

**HOT PRICE**



Fresh Center Cut Pork Loin Chops

**HOT DEAL**



Flank Steak with Arepas, Corn, and Chimichurri Sauce!

Select Varieties Fresh Flank Steak

**HOT DEAL**

your **COMMISSARY**

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\$1.00**

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\$4.00**

Save \$4.00 on any ONE (1) Carvel®, Oreo®, or Reese's® Ice Cream Cake, 32 oz. or larger. Expires May 21, 2019



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**SAVE  
\$1.00**

Save \$1.00 on TWO (2) Clorox® Disinfecting Wipes, 35 count or larger. Expires May 9, 2019

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# DEAL of the WEEK

4 Days Only  
Every Thurs - Sun

4 Days Only  
Every Thurs - Sun

MAY 2 - MAY 5



**HOT DEAL** **SALE \$1.58**

Chi-Chi's® 24 oz. Mild or Medium Thick & Chunky Salsa



**HOT DEAL** **SALE \$1.06**

Chi-Chi's® 8 ct. Flour or Whole Wheat Tortillas

EFFECTIVE FOR CONUS STORES ONLY



# 2fer Xtra Value From Your Commissary!



General Mills® Multi-Grain Cheerios™ Cereal 12 oz.

**SALE 2/\$3**



Oscar Mayer® 16 oz. Turkey or Chicken Delifresh® Lunchmeat

**SALE 2/\$7**



Michelina's® 11 oz. Meatball or Chicken Alfredo Bowl

**SALE 2/\$3**



Ore Ida® Bagel Bites® Pizza Snacks 18 ct.

**SALE 2/\$5**



Gorton's® Grilled Tilapia Fillets 6.3 oz.

**SALE 2/\$5**



Gorton's® Grilled Salmon 6.3 oz.

**SALE 2/\$5**



Gorton's® Lemon & Peppercorn Fillets 11 oz.

**SALE 2/\$5**



Gorton's® Crunchy Fish Sticks 11.4 oz.

**SALE 2/\$5**



Oscar Mayer® 7 - 8 oz. Turkey or Ham Natural^ Lunchmeat

**SALE 2/\$5**



Oscar Mayer® 16 oz. Select Varieties Wieners

**SALE 2/\$3**



Nabisco® 11 oz. Original or Reduced Fat Nilla Wafers®

**SALE 2/\$5**



Weber® Sriracha Barbecue Rub 4.5 oz.

**SALE 2/\$4**



Dove® Ice Cream Bars 3 ct.

**SALE 2/\$4**




Playtex® Lil' Gripper™ Spill Proof Cup

**SALE 2/\$3**



Dial® 7.5 fl. oz. Select Varieties Hand Soap

**SALE 2/\$3**



Dial® Spring Water® Body Wash 16 fl. oz.

**SALE 2/\$5**



Dial® 8 ct. Select Varieties Deodorant Soap Bars

**SALE 2/\$6**



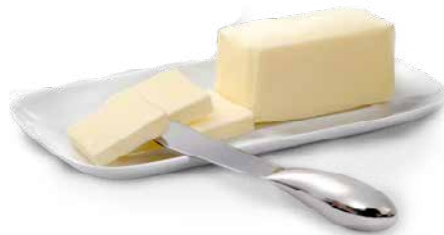
Dial® Hand Soap Refill 32 fl. oz.

**SALE 2/\$6**



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**2fer**  
 Chi-Chi's®  
 Thick &  
 Chunky  
 Hot  
 Salsa  
 16 oz.  
**SALE**  
**2/\$3**

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 BEEF & CHEESE  
 TAQUITOS  
 21 ct.  
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 El Monterey® 21 ct. Chicken  
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**SALE**  
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**SALE**  
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 TAQUITOS  
**2fer**  
**SALE**  
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 or Steak Taquitos

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 Jalapeño  
 Nacho Salsa  
 MILD  
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**\$1<sup>59</sup>**  
 LaPreferida® Mild  
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 Mexican Style  
 Chicken Lunchables  
**SALE**  
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 Bowl  
 11 oz.  
**2fer**  
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**2/\$3**  
 Michelina's®  
 Fajita  
 Chicken  
 Bowl

**OLDELPASO**  
 10 SHELL  
 STAND 'N STUFF™  
 12 SHELLS  
 CRUNCHY  
**SALE**  
**99¢**  
 Old El Paso® 10-12 ct. Crunchy  
 or Stand 'n Stuff™ Taco Shells

**OLDELPASO**  
 SOFT  
 TORTILLA  
 BOWL  
 FLOUR  
**SALE**  
**\$1<sup>49</sup>**  
 Old El Paso® Soft Tortilla  
 Bowl Flour Tortillas 6.7 oz.

**2fer**  
**OLDELPASO**  
 KIT  
**SALE**  
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 Old El Paso® 6-10 ct. Select  
 Varieties Taco Dinner Kit

**OLDELPASO**  
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 SEASONING MIX  
 25% LESS SODIUM  
**SALE**  
**49¢**  
 Old El Paso® 1 oz. Select  
 Varieties Taco Seasoning

**OLDELPASO**  
 ORIGINAL  
 Taco  
 Seasoning  
 6.25 oz.  
**SALE**  
**\$1<sup>25</sup>**

**OLDELPASO**  
 10 Flour  
 FOR SOFT TA  
 8 Flour Tortillas  
 FOR BURRITOS  
**SALE**  
**99¢**  
 Old El Paso® 8 - 10 ct. Select  
 Varieties Flour Tortillas

**OLDELPASO**  
 RED  
 ENCHILADA  
 SAUCE  
**SALE**  
**89¢**  
 Old El Paso® 10 oz. Red or  
 Green Chili Enchilada Sauce

**OLDELPASO**  
 TRADITIONAL  
 REFRIED BEANS  
**SALE**  
**79¢**  
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 Varieties Refried Beans

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 Old El Paso®  
 Jalapeños Slices 12 oz.

**ORTEGA**  
 Mild  
 Taco  
 Sauce  
 16 oz.  
**SALE**  
**\$2<sup>19</sup>**





Ortega® Cilantro & Green Chili Sauce 7 oz.

**SALE \$1.36**



Ortega® 1.25 oz. Original or Low-Salt Taco Seasoning

**SALE 58¢**



Ortega® Diced Green Chiles 4 oz.

**SALE \$1.05**



Ortega® 16 oz. Select Varieties Refried Beans

**SALE \$1.05**



Smart Made® 9 - 10 oz. Chicken or Pork Mexican Smartones®

**SALE \$2.19**



Taco Bell® Original Taco Seasoning 1 oz.

**SALE 68¢**



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2fer

**SALE 2/\$4**



Armour® Nachos Lunchmakers® 2.9 oz.

**SALE 69¢**



General Mills® Cocoa Puffs™ Cereal 11.8 oz.

**SALE \$1.80**



General Mills® Cinnamon Toast Crunch™ Cereal 12 oz.

**SALE \$1.99**



General Mills® Golden Grahams™ Cereal 11.7 oz.

**SALE \$1.99**



Nabisco® 21.12 oz. Oat or Blueberry Belvita® Breakfast Biscuits

**SALE \$4.99**



Jones® 5 - 7 oz. Select Varieties Cooked Sausage

**SALE \$1.49**



Banquet® 6.4 oz. Original or Maple Sausage Links

**SALE 89¢**



Banquet® 6.4 oz. Original or Turkey Sausage Patties

**SALE 89¢**



Johnsonville® 12 oz. Select Varieties Sausage

**SALE \$2.53**

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**SALE**  
**\$5<sup>07</sup>**

Ensure® 6 ct. Vanilla or Chocolate Nutrition Shakes



**SALE**  
**\$1<sup>78</sup>**

Tang® Orange Flavored Drink Mix 20 oz.



**SALE**  
**\$1<sup>78</sup>**

Country Time® 20 oz. Select Varieties Drink Mix



**SALE**  
**\$1<sup>78</sup>**

Kool-Aid® 19 oz. Select Varieties Drink Mix



Crystal Light® 1.4 oz. Select Varieties Ice Tea Mix

**SALE**  
**\$1<sup>49</sup>**



**SALE**  
**\$2<sup>47</sup>**

Yoohoo® Chocolate Flavored Drink 10 ct.



Perrier® Sparkling Water 25 fl. oz.

**SALE**  
**\$1<sup>19</sup>**



Gold Peak® 52 fl. oz. Select Varieties Tea

**SALE**  
**\$1<sup>86</sup>**



**SALE**  
**\$2<sup>30</sup>**

Lipton® 20 ct. Regular or Decaffeinated Green Tea Bags



**SALE**  
**\$6<sup>99</sup>**

Coleson's Catch® Tilapia Fillets 32 oz.



**SALE**  
**\$1<sup>99</sup>**

Gorton's® Cajun Grilled Fillets 7.1 oz.



**SALE**  
**\$2<sup>90</sup>**

Birdseye® 21 oz. Garlic Chicken or 3-Cheese Chicken Voila!® Skillet Dinner



**SALE**  
**2/\$5**

Oscar Mayer® 15 oz. Select Varieties Beef Franks



**SALE**  
**\$2<sup>69</sup>**

Nathan's® 12 - 14 oz. Select Varieties Beef Franks



**SALE**  
**\$1<sup>60</sup>**

Ball Park® 15 oz. Select Varieties Franks



**SALE**  
**\$2<sup>99</sup>**

Smithfield® Hickory Smoked Boneless Sliced Ham 12 oz.



**SALE**  
**\$5<sup>08</sup>**

Philly Gourmet® Beef Patties 32 oz.



Rib Rack® 19 oz. Original or Honey BBQ Sauce

**SALE**  
**\$2<sup>45</sup>**



Rib Rack® 5.5 oz. Spice or Dry BBQ Rub

**SALE**  
**\$2<sup>69</sup>**



Kraft® American Singles Tray 72 ct.

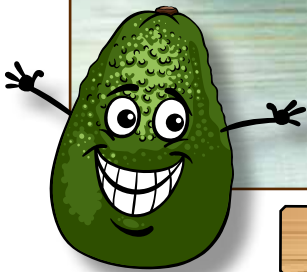
**SALE**  
**\$5<sup>31</sup>**



# PRODUCE



Make half your plate  
fruits & vegetables



## Quick Tips

### Avocado

#### SELECTION:

Use touch and feel to guide your selection of the perfectly ripe avocado because color is not a consistent indicator. Cup it in the palm of your hand and squeeze it gently. It's ready when it's still rather firm but gives in to gentle pressure. Avoid applying pressure with your fingers to test for ripeness, as this will cause bruising.

#### STORAGE:

- Avocados should be stored at room temperature and away from direct sunlight.
- Ripe avocados should be used within 1 to 2 days.
- It may take up to 7 days to ripen an avocado on the counter. To speed this up, place the avocado in a paper bag with a banana.

#### NUTRITION/HEALTH/WELLNESS:

- Avocados are packed with monounsaturated fat, which is the good fat that helps reduce bad cholesterol to lower the risk of stroke and heart disease. Use avocados in place of butter when you're baking; they'll help keep baked goods moist for a longer period of time and you'll use fats that are great for your heart.
- Because avocados have nearly 20 different vitamins, minerals, and phytonutrients, many health and wellness champions refer to them as a super food.

#### FUN FACTS:

- Only after a mature avocado is picked from the tree can it begin to ripen. Mature avocados can stay on a tree for as long as 18 months, so it is like the tree preserves them until they are needed for use.
- The large seed can be easily removed by cutting the avocado in half and then twisting to separate the halves. Place the half with the seed on the counter; spear the seed gently with a knife and then twist. The seed should come out attached to the knife.





**SALE**  
**\$2<sup>19</sup>**

Smart Made® 9 oz. Turkey or Sesame Beef Smartones®



**SALE**  
**\$4<sup>99</sup>**

Screamin' Sicilian® Italian Combination Pizza 23.5 oz.



Kraft® Grated Parmesan Cheese 8 oz.

**SALE**  
**\$2<sup>49</sup>**



LeSueur® Sweet Kernel Corn 11 oz.

**SALE**  
**99¢**



Kraft® 5.5 oz. Select Varieties Macaroni & Cheese Dinner

**SALE**  
**80¢**



Oscar Mayer® 3.4 - 4.2 oz. Turkey or Pizza Lunchables®

**SALE**  
**\$1<sup>11</sup>**



Armour® 2.9 oz. Pizza or Nachos Lunchmakers®

**SALE**  
**69¢**



Cracker Barrel® 10 ct. Select Varieties Snack Cheese

**SALE**  
**\$2<sup>70</sup>**

Until 4/30/19



**SALE**  
**\$2<sup>75</sup>**

Breyers® 48 fl. oz. Coffee or Vanilla Ice Cream



**SALE**  
**\$2<sup>49</sup>**

Klondike® 4 - 6 ct. Vanilla or Oreo® Ice Cream Bars



**SALE**  
**\$2<sup>99</sup>**

Mars® Vanilla M&Ms® Ice Cream Sandwiches 6 ct.



**SALE**  
**90¢**

Jolly Time® 32 oz. Select Varieties Pop Corn



**SALE**  
**90¢**

Jolly Time® 3 ct. Select Varieties Microwave Pop Corn



Jolly Time® Pop Corn Seasoning 6 oz.

**SALE**  
**90¢**



Compos® Pizzeria Pretzels Baked Snacks 6.3 oz.

**SALE**  
**\$1<sup>01</sup>**



**SALE**  
**\$2<sup>06</sup>**

Keebler® 12.7 - 13.7 oz. Select Varieties Club® Crackers

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## Meat Case

### Slow Cooker Pork Carnitas



#### Ingredients: 4 - 6 servings

- 3 lbs. pork loin
- 1 orange
- ½ red onion, medium
- ¾ cup of salsa verde
- 2 garlic cloves, minced
- 1 tsp. cumin
- 1 tsp. salt
- 1 tsp. pepper
- 1 tbs. honey
- 12 corn or flour tortillas
- 2 fresh avocados
- ¼ cup fresh cilantro, chopped
- 1 cup of shredded cabbage (green or purple)
- Sliced radishes (optional)

#### Directions:

1. Cut the pork loin into 3 large pieces and sprinkle with the salt, pepper, and cumin. Slice the orange and red onion into many thin slices.
2. Place the seasoned pork into the slow cooker along with the orange slices, onion, salsa, ¼ cup water and honey.
3. Cover and cook on low for 7 hours or high for 4 hours.
4. Remove the orange slices from the slow cooker and discard.
5. Remove the pork and gently shred. Place the shredded pork on a foil lined baking sheet. Pour the sauce from the slow cooker over the meat and gently mix.
6. Broil the meat in the oven until it begins to brown, turning once and the juice begins to caramelize. Watch the meat closely to prevent overcooking and drying out the meat. Total broil time should be about 4 minutes - turning the meat after two minutes. Immediately remove the tray from the oven.
7. Serve immediately by dividing the pork equally between 12 tortillas and then topping with equal amounts of avocado, cilantro, cabbage and radish (optional).



Source:  
Defense Commissary Agency

#### Tips:

- If you want juicier pork, skip step 6 and use the juice to drizzle over finished product in step 7.
- Prepare the pork as described but serve it over a bed of mixed greens along with the avocado and cilantro. Add some diced mango.

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## Produce Stand

### Avocado Pudding



**Ingredients:** 4 servings

- 2 large, very ripe avocados
- ½ cup + 1 tsp. unsweetened dark cocoa powder
- 2 packets of Stevia sweetener
- Pinch of cinnamon or nutmeg (optional)
- ½ cup milk (cow milk or nut milk)
- 2 tsp. vanilla extra

**Directions:**

1. Peel, pit and cube the avocado. Place the cubes in a blender.
2. Add the remaining ingredients and blend until smooth.
3. Place the pudding in the refrigerator and chill for at least an hour.

**Tips:**

- Serve with a sprinkle of crushed almonds, walnuts, or peanuts.
- Add ½ cup Greek vanilla yogurt to the recipe and then make frozen "pudding pops."



Source:  
Defense Commissary Agency

**SALE \$157**

Keebler® 11 oz. Select Varieties Sandwich Crackers

**SALE \$135**

Totino's® 7 - 7.5 oz. Select Varieties Pizza Rolls

**SALE \$499**

Totino's® 90 ct. Cheese or Pepperoni Pizza Rolls

**SALE \$125**

Ore-Ida® 9 ct. Pepperoni or 3-Cheese Bagel Bites®

**SALE \$365**

Keebler® Scooby-Doo® Graham Cracker Sticks 12 ct.

**SALE \$750**

Mars® Chocolate Favorites 40 oz.

**SALE \$179**

Nabisco® 8 oz. Select Varieties Snak Saks™

**SALE \$199**

Pepperidge Farm® 6 oz. Milk or Dark Chocolate Milanos®

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**SALE**  
**\$1<sup>99</sup>**

Nature Valley™ 5.3 oz. Butter or Coconut Chocolate Granola Bites



**SALE**  
**\$1<sup>99</sup>**

Nature Valley™ 7.4 - oz. Select Varieties Granola Bars



Mars® Snickers® Chocolate Minis 40 oz.

**SALE**  
**\$7<sup>50</sup>**



Sunshine® Original® Cracker Packs 12 ct.

**SALE**  
**\$3<sup>40</sup>**



**SALE**  
**\$2<sup>99</sup>**

Nabisco® 16 ct. Select Varieties Ritz® Cracker Sandwiches



SueBee® Clover Honey 12 oz.

**SALE**  
**\$2<sup>95</sup>**



SueBee® Clover Honey 40 oz.

**SALE**  
**\$9<sup>25</sup>**



Playtex® Sipsters® Travel Cup Stage 3

**SALE**  
**\$1<sup>72</sup>**



Playtex® Curved Toddler Spoon 2 ct.

**SALE**  
**\$1<sup>36</sup>**



Playtex® Travel Time Spout Cup

**SALE**  
**\$1<sup>75</sup>**



Playtex® Spill Proof Cup 2 ct.

**SALE**  
**\$2<sup>60</sup>**



Playtex® Sipsters® Travel Cup Stage 4

**SALE**  
**\$2<sup>30</sup>**



**SALE**  
**\$19<sup>24</sup>**

Huggies® Snug & Dry® Disposable Diapers 140 ct.



Huggies® 192 ct. Select Varieties Simply Clean® Wipes

**SALE**  
**\$4<sup>29</sup>**



Carefree® 54 - 60 ct. Select Varieties Pantliners

**SALE**  
**\$1<sup>36</sup>**



Stay Free® Super Maxi Pads 48 ct.

**SALE**  
**\$2<sup>71</sup>**



Stay Free® Ultra Thin Pads with Wings 18 ct.

**SALE**  
**\$1<sup>49</sup>**



Puffs® Facial Tissue 540 ct.

**SALE**  
**\$3<sup>29</sup>**



Puffs® Facial Tissue 372 ct.

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**\$3<sup>59</sup>**



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**\$10<sup>49</sup>**



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XTREME3®  
Razor  
Blades  
4 ct.

**SALE**  
**\$3<sup>01</sup>**



Right  
Guard®  
2.6 oz.  
Select  
Varieties  
Deodorant

**SALE**  
**\$1<sup>97</sup>**



Listerine®  
Cool Mint®  
Mouthwash  
33.8 fl. oz.

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Dawn®  
Dish  
Soap  
28 fl. oz.

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**\$2<sup>37</sup>**



Cascade® 32 ct. Select Varieties  
Dishwasher Actionpacs™

**SALE**  
**\$4<sup>99</sup>**

Until 4/30/19



Snuggle® Blue Sparkle®  
Fabric Softener 40 ct.

**SALE**  
**\$1<sup>19</sup>**



Gain® Fabric Softener  
Sheets 120 ct.

**SALE**  
**\$3<sup>49</sup>**



Snuggle®  
Liquid  
Fabric  
Softener  
64 fl. oz.

**SALE**  
**\$1<sup>96</sup>**



Gain®  
Liquid  
Laundry  
Detergent  
100 fl. oz.

**SALE**  
**\$8<sup>49</sup>**



Kaboom™  
Bathroom  
Cleaner  
32 fl. oz.

**SALE**  
**\$2<sup>82</sup>**



Kaboom™  
Mold &  
Mildew  
Cleaner  
30 fl. oz.

**SALE**  
**\$2<sup>82</sup>**



Bounty® Paper Towels 280 sq. ft.

**SALE**  
**\$8<sup>49</sup>**



Swiffer®  
Wet Jet®  
Power  
Mop  
with  
3 Pads

**SALE**  
**\$16<sup>99</sup>**



Swiffer® Sweeper  
Wet Cloths 24 ct.

**SALE**  
**\$5<sup>49</sup>**



Febreze® Select  
Varieties Air Freshener

**SALE**  
**\$3<sup>25</sup>**



Beneful®  
Break-N-  
Bites™  
Dog Treats  
14 oz.

**SALE**  
**\$2<sup>59</sup>**



Beneful® Dog Food  
Variety Pack 60 oz.

**SALE**  
**\$7<sup>99</sup>**



Beneful® Dog Food  
Medleys 36 oz.

**SALE**  
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Beneful® Original  
Dry Dog Food 31.1 lb.

**SALE**  
**\$21<sup>99</sup>**





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# COMMISSARY

... It's Worth the Trip!



THINKING OUTSIDE THE BOX

APR 22 - MAY 5

## Save a Healthy 20%

The "Thinking Outside the Box" meals offer quick solutions for your busy lifestyle that you can feel confident in knowing they are healthy and economical. You'll also see tips and suggestions on how to use the leftover items after preparing your meal. They feature a key nutrient and align with the Dietary Guidelines for Americans and may even be a tastier and healthier version of a high-fat or high-calorie dish. Find the ingredients for the latest "Thinking Outside the Box" recipe, *Chicken Enchilada Casserole*, at special savings at your commissary now!



SALE  
**\$1<sup>72</sup>**

LaVictoria® 28 oz. Green or Red Enchilada Sauce

# Cinco de Mayo



SALE  
**\$1<sup>72</sup>**

Eden® Organic No Salt Pinto Beans 15 oz.



SALE  
**\$1<sup>72</sup>**

Eden® Organic No Salt Black Beans 15 oz.



SALE  
**\$2<sup>82</sup>**

Southwestern® 505 Organic Hot Salsa 16 oz.



La Banderita® Corn Tortillas 30 ct.

SAVE  
**20%**



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"THINKING OUTSIDE THE BOX" TAGS HELP IDENTIFY PRODUCTS USED IN THE MEAL SOLUTION.

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# COMMISSARY ... It's Worth the Trip!



## THINKING OUTSIDE THE BOX

### Chicken Enchilada Casserole

**B**uilding a healthy eating pattern that can be maintained throughout your life means developing cooking habits that help you make more meals at home. Studies have shown that eating the majority of meals prepared away from home can lead to weight gain. In part, this is because you are releasing your control of what you're eating to someone else. You get the end product but don't see what goes in or is used to make it. When you're making your own food, you have control over what you put in it and how much of it goes on your plate. For example, using whole wheat pasta instead of regular or baking your vegetables instead of frying them in butter.

The large majority of dietitians and other licensed health professionals will advise making your meals at home because it will give you greater control on the nutrient density of your meals and on the quantity consumed. For example, it's easier to reduce the sodium and unhealthy fats of your favorite meals when you make them yourself. Oftentimes when we order a dish at a restaurant, the entire plate is full and we may feel as though that's a single portion when in reality it's two or three. Studies have shown that at home, we're more likely to dish out smaller portions and fill the rest of our plate with a side of vegetables.

If you're looking to make a change with your eating pattern that can maximize impact, cook one more meal a week at home. Play around with making your favorite restaurant dish and see how easy it is to reduce the calories simply by making it at home with minor adjustments.

For special occasions we often like to go out to eat to mark them as special. But restaurants can also be loud and there's a definite start and stop to your time there. Consider making those memories at home where you can take your time and make part of the celebration together as a family making the meal. This dish is the Dietitian Approved version of a restaurant classic. At eight to twelve servings, it's a great dish for lunch the next day or save it for another week and freeze it.



#### Ingredients: 8 - 10 servings

- 2 tbsp. canola oil
- ½ cup of frozen sweet corn
- Colby shredded cheese
- ½ medium onion, diced
- 1 lb. boneless skinless chicken
- 6-8 oz. green enchilada sauce
- 1 large red bell pepper, cored and diced
- 12 oz. red enchilada sauce
- 8 oz. mixed field greens or fresh baby spinach
- 1 15 oz. can pinto or black beans, rinsed and drained
- 12 8-12 in. corn or flour tortillas
- ½ cup plain Greek yogurt
- 12 oz. Mexican blend or
- ½ cup salsa

#### Directions: Preheat oven to 375 degrees F.

1. Lightly spray a 9×13-inch baking dish with cooking spray. Cut the tortillas in half. Set aside.
2. Cut the chicken into ½ inch strips. Add oil to large skillet and heat over medium-high heat. Add the diced onion and sauté for about 3 minutes and then add the chicken. Continue cooking until the chicken turns white.
3. Add 1 cup of the red enchilada sauce to the pan along with the corn and turn the heat down to medium. Cook for an additional 7 minutes, stirring occasionally. Add the beans and cook for about 3 more minutes or until the beans have come to temperature. Remove from the heat.
4. Pour the green enchilada sauce in the baking dish, and spread until the bottom of the dish is evenly coated. Top with a layer of about 8 tortilla halves, so that the entire dish is covered. Top evenly with 1/3 of the chicken mixture, followed by 1/3 of the cheese. Repeat with another layer of tortillas, chicken mixture, and cheese. Followed by a final layer of tortillas, chicken mixture, the remaining red enchilada sauce, and cheese.
5. Cover the pan with aluminum foil, then bake for 20 minutes.
6. Remove aluminum foil and bake uncovered until the cheese is melted (about 7-10 minutes)
7. Remove from the oven and divide into 8-10 equal portions. Serve a portion on each plate and then top with greens or spinach, a dollop each of plain Greek yogurt and salsa.

#### Notes

- Any boneless lean meat can be used in place of chicken.
- To make this a one skillet meal and forgo the baking, cut the tortillas into strips and add them to the skillet along with the beans in step three. When the beans and tortillas are heated through, add the cheese and cover. Serve by adding a drizzling a little of the green enchilada sauce on the dish, topping with a serving of the "casserole" from the skillet. Top as instructed in step number 7.

DISCLAIMER:

THIS RECIPE DOES NOT CONSTITUTE AN ENDORSEMENT BY DOD OF ANY INDIVIDUAL VENDOR. ANY PRODUCT OF SIMILAR SPECIFICATION MAY BE USED TO MAKE THIS HEALTHY CHOICE MEAL.

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