Food Lab Procedures Sheet
The QUEST for the Whole Enchilada

NAME ________________________ KITCHEN____________________ RECIPE: Enchiladas

GROUP MEMBERS ________________________________________________________________

Everyone______ 1. Wash hands thoroughly and dry with paper towel.
________________ 2. Wipe off counters or table.
________________ 3. One person take a tray and get the following ingredients from the supply table.
   Ingredients:
   • 6 corn tortillas
   • 2 cups cooked chicken or cooked hamburger
   • 2 cups shredded cheese
   • 10 ounce can of green chile enchilada sauce or red chile enchilada sauce
________________ 4. Gather the equipment necessary to complete the recipe:
   • 8”x8” casserole dish
   • Measuring cup
   • Can opener
   • Microwave or conventional oven

Follow each step in order to complete your recipe. Write your name on the line for each task you complete:

1. ___________ Quarter 6 tortillas and cover bottom of casserole dish
2. ___________ Layer hamburger or chicken over tortillas
3. ___________ Add a layer of 1 ½ cup shredded cheese.
4. ___________ Open can of enchilada sauce and pour over meat and cheese.
5. ___________ Sprinkle top with remaining ½ cup of shredded cheese.
6. ___________ Microwave top with high for 3 minutes or cook in 350 degree oven for 15 minutes.

Enjoy your Enchiladas!

EVERYONE WORKS TOGETHER TO CLEAN THE KITCHEN!

________________ 1. Wash dishes with hot, soapy water. Clean sink when finished.
________________ 2. Dry dishes – put dirty towels in the washing machine.
________________ 3. Put away dishes – sweep the floor, throw away the trash.
________________ 4. Wipe off counter tops, stove, microwave, table etc.
________________ 5. Check to see that all dishes are put away in their proper place.