



**COOK WITH POWER SAVERS AND LEARN HOW MATH CAN HELP IN THE KITCHEN!**

### **COOKING SUPPLIES**

- ▲ 9" x 13" baking dish
- ▲ Medium saucepan
- ▲ Medium bowl
- ▲ Cutting board
- ▲ Sharp knife
- ▲ Spoon
- ▲ 1-cup measuring cup
- ▲ 1/4-cup measuring cup

### **INGREDIENTS**

- ▲ Cooking spray or butter
- ▲ 1 small onion
- ▲ 2 cups pre-cooked chicken, or steak
- ▲ 3 cups shredded cheddar cheese
- ▲ 1 cup sour cream
- ▲ 8 eight-inch flour tortillas
- ▲ 2 large tomatoes
- ▲ 1 can or jar of enchilada sauce

**With an adult's help children can make these cheesy enchiladas AND learn some important math skills. NOTE: Adults should monitor the children at all times when in the kitchen, being sure to handle the cutting and difficult parts of the recipe. Print our "Let's talk about Math while cooking" tip sheet to use while in the kitchen.**

### **DIRECTIONS**

1. Preheat oven to 350° F
2. Lightly grease the 9 x 13 baking dish with cooking spray or butter.
3. Cut the onion and tomatoes into small pieces
4. Then in a medium bowl, mix together the chicken or steak, onion, tomatoes, 1-cup of cheddar cheese, and 3/4-cup of sour cream.
5. Spoon the mixture evenly into eight tortillas. Roll the tortillas and place seam side down in a single layer in the baking dish. Set aside.
6. In a saucepan, over low heat, melt together 2-cups of cheddar cheese, 1/4-cup of sour cream, and the enchilada sauce.
7. Pour mixture over the rolled tortillas.
8. Sprinkle the tomatoes on top.
9. Bake in over for 20 to 30 minutes, or until hot and bubbly.



### **QUICK MATH TIPS**

- ▲ Count out two pieces of tomato and add them to the bowl. Have the child count out the same number and add them to the bowl. Then ask "how many do we have all together in the bowl?"
- ▲ Have the child count out eight tortillas from the package. After they count them out ask them "How many tortillas are we using?"
- ▲ Ask them how many spoonfuls of filling they think you will need to fill each tortilla. Count them as you fill to find out!