# AUGUST

## RECIPE

**Enchilada Pie:** Add spices and flavors from different regions of the world into everyday meals your kids will love. Different brands of enchilada sauce may have different spice levels. A hotter enchilada sauce can be used if desired. Sliced black olives may be added to the layers. Serves 4.

- 2 to 3 cooked, boneless, skinless chicken breast halves, cut into small pieces (about 3 cups)
- 1 can (28 oz.) mild red enchilada sauce
- 1 can (4 oz.) diced green chilies
- 1 container (8 oz.) fat-free sour cream
- 1 can (12 fl. oz.) skim evaporated milk
- 2 cups (8-oz. pkg.) reduced fat shredded cheddar cheese
- 1 pkg. (12) 7-inch corn tortillas

*"When I was told that my daughter was overweight, I wanted to cry because I have struggled with my weight my whole life. When I found out you can revise recipes to make food healthier, I didn't feel like I was depriving her of fun foods."*

***Keily, Bonners Ferry***

**Directions:** Preheat oven to 350° F. Grease 13 x 9-inch baking dish with cooking spray.

Combine enchilada sauce and sour cream in a medium bowl. Combine evaporated milk, cheese and chilies in a medium saucepan. Cook over medium heat, stirring constantly, until cheese has melted and mixture is smooth. Remove from heat.

Spread 1 cup enchilada sauce mixture on the bottom of a prepared baking dish. Layer with 4 tortillas, 1 cup enchilada sauce mixture, 1 1/2 cups chicken, and 1 cup cheese sauce. Repeat layers one more time, starting with tortillas. Top with remaining tortillas, enchilada sauce mixture and cheese sauce. Cover with foil.

Bake for 40 minutes. Uncover and cool for at least 10 minutes before serving.

| SUN | MON | TUE | WED | THU | FRI | SAT |
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| ***Did you know it's...*** *National Immunization Awareness Month, World Breastfeeding Week – August 1-7, Children's Eye Health and Saftey Month* | | | | | | 01 |
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***Walk your dog, chase your kids,*** *toss balls with friends, mow the lawn. Anything that moves your limbs (and your heart) is not only a fitness tool, it's a stress buster. Think move!*

## Healthy Life Tip

Over 20 million people (including children) have been diagnosed with asthma in the United States. It is the number one cause for missed school days for elementary school children. If you or someone you know is having trouble breathing in the morning or at night, after exercise, during certain times of the year, or if you want to learn more about asthma, please visit: **idahoasthma.org** for a list of resources and information about asthma.