

**Families:**

Pilot Light Family Meal Lessons are designed to easily bring food education into your home. We recommend using the Family Resources in the following way:

1. Watch the Family Meal video for the lesson as a family.
2. Make the recipe as a family.
3. In the Common Core Connections section, children can learn through and about food while strengthening Common Core English Language Arts or Math skills.
4. Family Discussion questions and Extension Activities are provided to allow learners of all ages opportunities to participate in the learning experience!



**Pilot Light Family Meal Lesson**

**Easy Chicken Enchiladas**

**+ Grades 6-7 Common Core Math - Ratios and Proportional Reasoning & High School Common Core Math - Systems of Equations**

**Suggested Recipe Age Range: 10+**

**Recipe by Chef Kristin Koury**

**Easy Chicken Enchiladas (serves 6-8)****Ingredients:**

- 2 cups chicken, cooked and shredded (from a roasted chicken from the store, roasted whole chicken leftovers, or cooked chicken breasts or legs and thighs)
- 2 ea 16oz jars of salsa (tomatillo salsa, red salsa, or canned enchilada sauce)
- 1½ cups shredded cheese (use whatever you have on hand: Chihuahua, mozzarella, cheddar, Monterey jack or a combination)
- ½ cup sour cream or yogurt
- 8 large tortillas
- (Optional toppings): cilantro, green onions, jalapeno slices, chopped tomatoes, avocado slices, shredded lettuce

**Materials:**

- Oven
- Large mixing bowl
- Large spoon
- Sheet tray
- 9x13 baking pan and foil



**Directions:**

1. Preheat the oven to 350F.
2. Combine shredded chicken, 1 jar of salsa, 1 cup of cheese, and sour cream/yogurt in a large bowl and mix.
3. Pour  $\frac{1}{4}$  of a jar of salsa in the bottom of the 9x13 pan.
4. Put a few spoonfuls of salsa onto the sheet tray. Place one tortilla on top of the sauce and wet the tortilla (this makes it easier to roll -- you may need to add more salsa as you go).
5. Place  $\frac{1}{4}$  cup of chicken mix on the tortilla with your hands and spread down the middle. Roll and place in a 9x13 baking pan. Repeat until all chicken is used.
6. Top rolled tortillas with remaining salsa then sprinkle with  $\frac{1}{2}$  cup of cheese.
7. Cover the 9x13 pan with foil, and bake for 15 minutes. Remove foil then bake for an additional 10 minutes until the cheese is bubbly.
8. If using, garnish enchiladas with cilantro, green onions, jalapeno slices, avocado slices, chopped tomatoes, and/or shredded lettuce. Serve and enjoy!

**Common Core Connections:**

**Below you will find an activity involving ratios and proportions for students in grades 6 and above followed by an activity for high school students involving solving systems of equations.**

**Grades 6 and above:**

**Common Core: Ratios and Proportional Reasoning**

6.RP.A: Understand ratio concepts and use ratio reasoning to solve problems.

7.RP.A: Analyze proportional relationships and use them to solve real-world and mathematical problems.

**SAT Readiness Skill:**

PSDA.RRU.1: Apply proportional relationships, ratios, rates, and units in a wide variety of contexts. Examples include but are not limited to scale drawings and problems in the natural and social sciences.

In this lesson, you will be working on proportions, ratios, and rates.

**What does this mean?**

A ratio is the relative magnitude of two quantities or a comparison of any two values. It is calculated by dividing one interval- or ratio-scale variable by the other. The numerator and denominator need not be related. Therefore, one could compare apples with oranges or apples with the number of physician visits.

A proportion is the comparison of a part to the whole. It is a type of ratio in which the numerator is included in the denominator. You might use a proportion to describe what fraction of your classmates have dogs, or what percentage of the population is younger than

25 years of age. A proportion may be expressed as a decimal, a fraction, or a percentage.

A rate is the ratio between two measurements in different units. Rates are often expressed using “per,” for example, miles per hour.

**What does this look like?**

Materials needed:

- Pencils
- Paper
- Calculators

Directions:

1) Using the recipe above for chicken enchiladas, manipulate the recipe and solve the following problems. Show your work.

A) If the recipe was doubled, how much of each ingredient would be needed?

B) If the recipe was halved, how much of each ingredient would be needed?

C) I need to make the recipe for a party. The guest list is of 30 people. If each person will eat 3 enchiladas, how much of each ingredient will I need?

## High School

### Common Core: Reasoning with Equations and Inequalities

#### Solve Systems of Equations

A-REI.6 Solve systems of linear equations exactly and approximately (e.g., with graphs), focusing on pairs of linear equations in two variables.

#### SAT Readiness Skill:

HOA.LE2.3.a: For a linear equation in two variables that represents a context, interpret a solution, constant, variable, factor, or term based on the context, including situations where seeing structure provides an advantage;

In this lesson, you will be working on solving systems of equations.

#### What does this mean?

A system of equations is a collection of two or more equations with a same set of unknowns. In solving a system of equations, we try to find values for each of the unknowns that will satisfy every equation in the system.

Example of a narrative (or story) statement of a system of the equations:

The air-mail rate for letters to Europe is 45 cents per half-ounce and to Africa as 65 cents per half-ounce. If Shirley paid \$18.55 to send 35 half-ounce letters abroad, how many did she send to Africa?

#### What does this look like?

Materials needed:

- Pencils
- Paper
- Calculators
- Computer

Directions:

1. Solve the following problem using systems of equations. Show your work.

**You order 2 tacos and 2 enchiladas and your bill was \$9.00. Your friend ordered 3 tacos and 1 enchilada and their total was \$7.50.**

$$2. y = 5x - 4$$

$$y = 5x - 5$$

$$3. 2x - 3y = -1$$

$$y = x - 1$$

$$4. y = 5x - 7$$

$$-3x - 2y = -12$$

$$5. -4x + y = 6$$

$$-5x - y = 21$$

6.  $-3x + 3y = 4$

$-x + y = 3$

**Family Discussion Questions:**

**Families/children could discuss or write about:**

- What is your favorite type of Mexican cuisine and why?
- What are the differences between the types of Mexican cuisines: tacos, enchiladas, burritos, etc?

**Extension Activities:**

**Here are some suggestions for additional activities that relate to this recipe:**

- Experiment with different fillings of enchiladas like beans, cheese, different types

of meat.

- Make your own enchilada sauce from scratch.
- Research and share out your findings: What is the history of the enchilada? Why are enchiladas important to Mexican cultures?

*This original Family Lesson was written by Marria Rahim*