

real good foods enchiladas cooking instructions

Real Good Foods enchiladas are a delicious and convenient meal option that can easily satisfy your cravings for a comforting and flavorful dish. These enchiladas stand out in the frozen foods aisle because they are crafted with high-quality ingredients and cater to a variety of dietary preferences, including keto, gluten-free, and grain-free options. In this article, we will delve into the cooking instructions for Real Good Foods enchiladas, explore their nutritional benefits, and provide tips to elevate your dining experience.

Understanding Real Good Foods Enchiladas

Real Good Foods is a company dedicated to making health-conscious meals that do not compromise on flavor. Their enchiladas are made with real, wholesome ingredients, ensuring that you can enjoy a hearty meal without the guilt. Let's take a closer look at what makes these enchiladas unique.

Ingredients and Varieties

Real Good Foods enchiladas come in several varieties, each designed to cater to different taste preferences and dietary needs. Here are some of the most popular options:

1. **Chicken Enchiladas:** Made with shredded chicken, cheese, and a flavorful enchilada sauce wrapped in a grain-free tortilla.
2. **Beef Enchiladas:** Ground beef combined with cheese and enchilada sauce, also wrapped in a grain-free tortilla.
3. **Vegetarian Enchiladas:** A delightful mix of vegetables and cheese, providing a hearty vegetarian option.
4. **Cheese Enchiladas:** Perfect for cheese lovers, these enchiladas are filled with a blend of cheeses and topped with a zesty sauce.

Nutritional Benefits

Real Good Foods enchiladas are not only tasty but also packed with nutrition. Here are some of the benefits you can expect when enjoying these enchiladas:

- **High Protein:** They contain a significant amount of protein, making them a satisfying choice for anyone looking to increase their protein intake.
- **Low Carb Options:** Many varieties are low in carbohydrates, catering to keto and low-carb diets.
- **Gluten-Free:** The use of grain-free tortillas makes these enchiladas safe for those with gluten sensitivities.
- **Minimal Processing:** Real Good Foods prioritizes whole ingredients, ensuring that what you eat is as close to nature as possible.

Cooking Instructions for Real Good Foods Enchiladas

Cooking Real Good Foods enchiladas is straightforward and quick, making them an ideal meal for busy weeknights or a comforting weekend dinner. Below are detailed cooking instructions that will guide you through preparing these delicious enchiladas.

Preparation Steps

1. Choose Your Cooking Method: Real Good Foods enchiladas can be prepared using either the oven or the microwave. Both methods yield tasty results, but the oven method tends to provide a crispier texture.
2. Gather Your Supplies: Before you begin, make sure you have the following items ready:
 - Real Good Foods enchiladas (frozen)
 - Cooking spray or oil (if using the oven)
 - Baking dish (for oven method)
 - Microwave-safe plate (for microwave method)
 - Optional toppings: sour cream, avocado, salsa, or fresh cilantro

Cooking Instructions

Oven Method

1. Preheat the Oven: Set your oven to 375°F (190°C) and allow it to preheat while you prepare the enchiladas.
2. Prepare the Baking Dish: Lightly grease a baking dish with cooking spray or a small amount of oil to prevent sticking.
3. Arrange the Enchiladas: Remove the enchiladas from their packaging and place them in the prepared baking dish. Ensure they are evenly spaced for optimal heating.
4. Cover with Foil: To keep the enchiladas moist while they bake, cover the baking dish with aluminum foil.
5. Bake: Place the dish in the preheated oven and bake for 25–30 minutes. Check for doneness; the enchiladas should be heated through and the cheese melted.
6. Remove Foil and Broil (Optional): For a crispy top, remove the foil and broil on high for an additional 2–3 minutes until golden brown. Keep a close eye on them to prevent burning.
7. Serve and Enjoy: Once cooked, remove from the oven and let them cool for a few minutes. Serve with your favorite toppings such as sour cream, avocado, and fresh cilantro.

Microwave Method

1. **Prepare the Plate:** Place the frozen enchiladas on a microwave-safe plate. Make sure they are not overcrowded for even heating.
2. **Cover:** Cover the enchiladas with a microwave-safe lid or an additional plate to trap steam and ensure they cook evenly.
3. **Microwave:** Heat on high for 3-5 minutes, depending on your microwave's wattage. Check for doneness; they should be hot and the cheese melted.
4. **Let Stand:** Allow the enchiladas to sit for 1 minute after microwaving, as they will be very hot.
5. **Serve:** Top with your favorite garnishes and enjoy your meal.

Tips for Elevating Your Enchilada Experience

While Real Good Foods enchiladas are delicious on their own, there are several ways to enhance your meal. Consider the following ideas:

Customizing Your Toppings

- **Sour Cream or Greek Yogurt:** Add a dollop for creaminess.
- **Avocado or Guacamole:** Fresh avocado slices or guacamole bring a rich texture.
- **Fresh Herbs:** A sprinkle of cilantro, parsley, or green onions brightens the dish.
- **Salsa or Pico de Gallo:** Add a kick with fresh salsa or pico de gallo.

Pairing Suggestions

To create a complete meal, consider pairing your enchiladas with:

- **A Side Salad:** A fresh salad with greens, tomatoes, and a light vinaigrette.
- **Rice or Cauliflower Rice:** For a filling side dish, serve with traditional rice or a low-carb alternative like cauliflower rice.
- **Beans:** Black beans or refried beans can add protein and fiber.

Storing Leftovers

If you have any leftovers, store them in an airtight container in the refrigerator for up to 3 days. Reheat in the microwave or oven before serving to enjoy them again.

Conclusion

In summary, Real Good Foods enchiladas offer a convenient and nutritious meal option that does not

compromise on flavor. Whether you choose to cook them in the oven or the microwave, these enchiladas are sure to satisfy your cravings. With various varieties to choose from and the ability to customize toppings, you can enjoy a delicious and fulfilling meal any day of the week. So grab a box of Real Good Foods enchiladas, follow the cooking instructions, and experience the joy of a wholesome, home-cooked meal in no time!

Frequently Asked Questions

What are the cooking instructions for Real Good Foods enchiladas?

Preheat your oven to 375°F (190°C). Remove the enchiladas from the packaging and place them in a baking dish. Cover with foil and bake for 25-30 minutes. For a crispy top, remove the foil for the last 5-10 minutes.

Can I microwave Real Good Foods enchiladas?

Yes, you can microwave them. Place the enchiladas in a microwave-safe dish, cover with a damp paper towel, and heat on high for 2-3 minutes or until heated through.

How long do I need to bake Real Good Foods enchiladas?

You should bake them for about 25-30 minutes at 375°F (190°C). If you prefer a crispier texture, remove the foil for the last 5-10 minutes.

Are Real Good Foods enchiladas gluten-free?

Yes, Real Good Foods enchiladas are gluten-free as they use a cauliflower-based tortilla instead of traditional flour tortillas.

What are the serving suggestions for Real Good Foods enchiladas?

Serve with a side of guacamole, salsa, or a fresh salad. You can also top them with shredded cheese or sour cream before serving.

What is the best way to store leftover Real Good Foods enchiladas?

Store any leftovers in an airtight container in the refrigerator for up to 3 days. You can reheat them in the oven or microwave.

Are Real Good Foods enchiladas suitable for meal prep?

Yes, they are great for meal prep! You can cook them ahead of time and store them in the fridge or freezer for easy meals throughout the week.

Do I need to add water when baking Real Good Foods enchiladas?

No, you do not need to add water. Just cover the dish with foil to retain moisture while baking.

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