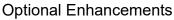
Vegetable Enchiladas

Serves 4

- 1 T olive oil
- 80g finely chopped onion
- 80g finely chopped bell pepper
- 2 cloves garlic, minced (or 3 small Japanese cloves)
- 2 cups spinach, finely chopped (Also use komatsuna or mizuna)
- 240g black beans, rinsed and drained (1 US can = 425 g gross weight, 240 g drained) (also can use canned azuki (unsweetened) or kuro-mame)
- 85g frozen, canned, or fresh corn
- 1/8 teaspoon salt (or less)
- 300ml homemade enchilada sauce, divided* (See recipe on website, same page)*
- 8 corn tortillas, warmed (Standard 12-15cm size, about 45-50g each)
- 60g grated cheddar cheese, divided (or mozzarella, for better melt)
- Chopped fresh cilantro and 40g plain Greek yogurt for garnish (optional)



- Add 1 tsp cumin and ½ tsp smoked paprika to the veggie mix for deeper flavor
- Add 1-2 tsp lime juice to brighten the filling
- If corn tortillas are stiff, lightly microwave or steam before rolling to avoid cracking
- (1) Preheat oven to 175. Lightly coat a 28×18 cm (or similar) baking dish with spray oil or a little olive oil.
- (2) Heat oil in a skillet over medium heat. Add onion and bell pepper, cook 3-4 minutes until softened.
- (3) Add garlic and cook another minute until fragrant.
- (4) Stir in spinach, black beans, corn, and a pinch of salt. Sauté about 2-3 minutes, just until the greens wilt.
- (5) Stir in \(\frac{1}{3} \) of the enchilada sauce (~25 ml). Remove from heat.
- (6) Pour a bit of enchilada sauce into the baking dish. On a flat surface, place a tortilla, add 1 Tbsp cheese and about 60 g vegetable filling in the center. Roll it up and place **seam-side down** in the baking dish. Repeat with remaining tortillas.
- (7) Pour remaining enchilada sauce (~55 ml) over the tortillas and sprinkle with the rest of the cheese.
- (8) Bake uncovered for 20 minutes until bubbly and golden. Let stand 5 minutes before serving.
- (9) Top with cilantro or Greek yogurt if desired.



*300 ml of enchilada sauce, use:

19 g of the dry mix 1 T olive oil (approx. 15 ml)

25g tomato paste 300 ml vegetable broth

2 tsp vinegar

Black pepper and salt, to taste Simmer just as usual (5-7 min).

> Nutrition per Serving (2 enchiladas / 1/4 of recipe) Approx. 340-350 g serving size Nutrient **Amount Calories** ~385 kcal Protein ~16 q Fat ~15 g Saturated Fat ~4.5 g Carbs ~45 q - Sugars ~4 g **Fiber** ~9 q **Sodium** ~430 mg