

## 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\*
- 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)



\*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).

### Optional Enhancements

- Add **1 tsp cumin** and **1/2 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 **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.

### Nutrition per Serving (2 enchiladas / 1/4 of recipe)

Approx. 340–350 g serving size

Nutrient	Amount
<b>Calories</b>	~385 kcal
<b>Protein</b>	~16 g
<b>Fat</b>	~15 g
– Saturated Fat	~4.5 g
<b>Carbs</b>	~45 g
– Sugars	~4 g
<b>Fiber</b>	~9 g
<b>Sodium</b>	~430 mg

Sodium will vary based on enchilada sauce, cheese, and tortilla brand. Using **coconut aminos** in the sauce and **reduced-sodium beans** will lower this even further.