

Spinach & Cheese Enchiladas

Serves 4-5

These enchiladas are relatively easy, as enchiladas go. My daughters enjoy helping to make them. This recipe lends itself to multiple variations. The spinach may be substituted or mixed with a variety of vegetables, such as Swiss Chard, zucchini, mushrooms, and tomatoes. There are also many cheese variations. My family likes Gruyere in this recipe. I happen to tolerate a narrower ranch of dairy and make my own enchiladas in a pie pan using 100% pure cream cheese.

Olive oil	16 oz. tomato sauce
1 small onion, finely chopped	Water or Vegetable Stock
2 - 3 garlic cloves, minced or pressed	½ cup fresh cilantro, coarsely chopped
1 ½ Tbls. chili powder	10 six-inch corn tortillas
1 tsp. ground coriander	Spinach, sautéed or steamed just to wilting
1 tsp. ground cumin	Cheddar Cheese (mild, medium or sharp)
½ tsp. salt	
¾ tsp. sugar	

Toppings

Sour cream
Avocado slices
Romaine leaves or cabbage - shredded
Limes, quartered

Preheat oven to 375°.

Heat 1½ Tablespoons olive oil in a medium sauce pan over medium-high heat until shimmering, but not smoking. Add onion and sauté until brown about 5 minutes. Add garlic, chili powder, coriander, cumin, salt, and sugar; cook, stirring constantly until fragrant, about 30 seconds. Add tomato sauce, water or vegetable stock to thin as desired. Bring to a simmer, reduce heat to medium-low, allow to simmer uncovered, stirring occasionally. Once flavors have melded (8 -10 minutes) remove from heat, add cilantro (optional). Set aside.

Prepare spinach or other vegetable filling by sautéing, grilling or steaming vegetables. Slice greens into small pieces. Set aside.

Lightly oil tortillas (I use a Misto refillable spray canister) and heat in oven just until soft (about 4 min.). This keeps the tortillas pliable without deep frying them.

Fill warmed tortillas with vegetables, cheese, and a little sauce. Roll and place in baking dish. Pour sauce over the top of rolled enchiladas. Sprinkle grated cheese on top. Bake covered until the cheese melts (about 20 minutes). Serve with your favorite toppings from above list.

