



VEGAN ENCHILADAS

ingredients:

For the Enchiladas:

Vegetable oil cooking spray
1/2 pound firm tofu, drained, patted dry and cut into chunks
1 Tablespoon extra-virgin olive oil
1 medium jalapeño pepper, seeds and membranes removed, finely chopped
1 medium red bell pepper, diced
1 small onion, finely diced
2 cloves garlic, minced
1/4 teaspoon salt
1/2 teaspoon ground turmeric
1/4 teaspoon ground black pepper
1/4 teaspoon ground cayenne pepper
1/4 teaspoon cumin
4-ounce can chopped green chiles

15-ounce can black beans, rinsed and drained
10-ounce packet frozen spinach, thawed and pressed dry
12 corn tortillas (6-inch size)
2 cups vegan shredded cheese
1/4 cup fresh cilantro, chopped

For the Enchilada Sauce:

1 teaspoon olive oil
1/2 cup onion, minced
2 cloves garlic, minced
1 1/2 Tablespoons chili powder
1 Tablespoon cumin
15-ounce can no-salt-added tomato sauce
1/2 cup water

Yield: 6 servings

Nutrition Information Per Serving:

340 Calories
9 grams Fat
1 gram Saturated Fat
0 mg Cholesterol
300 mg Sodium
52 grams Carbohydrates
9 grams Fiber
15 grams Protein

Food exchanges: 3 starch,
2 vegetable, 1 protein

directions:

1. Preheat oven to 350° F. Spray a 9 x 13-inch casserole dish with vegetable oil cooking spray.
2. For the enchilada sauce, heat 1 teaspoon olive oil in a medium saucepan over medium heat. Add the onion and sauté until softened, about 3-5 minutes. Add the garlic, chili powder, and cumin and cook for about 30 seconds, stirring. Stir in tomato sauce and water. Bring to a low simmer, reduce heat, and simmer for 5 minutes.
3. For the enchiladas, place tofu in a food processor and puree for several minutes until smooth.
4. Heat olive oil in a deep skillet over medium heat. Add the jalapeño, red pepper, onion, garlic, salt, turmeric, black pepper, cayenne pepper and cumin and sauté 5 minutes, until vegetables are soft. Stir in the tofu and continue cooking and stirring for another 5 minutes until the tofu is heated through (it should look similar to scrambled eggs). Stir in the green chiles, beans and spinach.
5. Spoon enchilada sauce into a thin layer in the prepared baking dish.
6. Wrap tortillas in a damp paper or cloth towel and microwave for about 30 seconds to soften. Scoop about 1/4 cup of the tofu mixture into each tortilla, roll tightly and place seam side down into the baking dish.
7. Spoon remaining enchilada sauce on top. Bake for 10 minutes. Remove from oven and sprinkle with vegan cheese and return to oven for 5 minutes. Remove from oven and top with chopped cilantro.



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