



Spinach and Cheese Enchiladas

Recipe Source: www.melskitchencafe.com

Servings: 3

Ingredients:

4 tsp oil, divided	2 tsp dried oregano
½ onion, chopped	2 tsp garlic powder
1 bell pepper, diced	2 cups low-sodium chicken or vegetable broth
9 oz fresh spinach	2 tsp white vinegar
1-2 Tbsp water	4 oz Monterey jack cheese (about 1 cup)
3 Tbsp all-purpose flour	2 oz sharp cheddar cheese (about ½ cup)
2 Tbsp chili powder	10 corn tortillas
1 Tbsp ground cumin	

Steps:

- For the filling, heat 1 tsp oil in a large nonstick skillet over medium heat. Add the onion and bell pepper and cook, stirring occasionally, 3-4 minutes or until the onion is translucent. Add the spinach, water, and a dash of salt and pepper. Cover the skillet and cook 2-3 minutes until the spinach is wilted. Scrape mixture to a plate, set aside.
- In the same skillet over medium heat, add the remaining 3 tsp oil and heat until hot. Add the flour, chili powder, cumin, oregano, and garlic powder. Whisk to combine. Continue stirring and moving it about the skillet 1-2 minutes.
- Slowly add one cup broth, whisking vigorously to avoid clumps. Once incorporated, add the rest of the broth gradually. Cook, whisking constantly, until the mixture is thick and bubbling, 3-4 minutes. Stir in the vinegar and salt and pepper to taste.
- Preheat the oven to 350°F. Lightly grease an 8x8 baking dish. Spread half the sauce in the pan. Cover tortillas on a plate with a damp paper towel and heat in microwave about 30 seconds until soft and pliable. (Repeat process as needed while filling tortillas.)
- Scoop some of the spinach mixture (leaving excess moisture on the plate) into each tortilla, sprinkle with about 1 Tablespoon cheese, and roll up. Place seam side down in a baking dish.
- Pour the rest of the sauce over the enchiladas. Sprinkle with remaining cheese. Bake 15-20 minutes until hot and bubbling. Let rest 10-15 minutes before serving.

Tips from the Test Kitchen: Optional toppings could include diced avocado, chopped tomatoes, and chopped fresh cilantro. You can also make this dish by layering the tortillas, spinach filling, and cheese like a lasagna instead of rolling individual enchiladas. Still start with pouring half the sauce on the bottom of the pan as the first layer, and finish with sauce then cheese. You can add black beans (rinsed and drained) to the spinach filling after it has cooked to bulk these up a bit.

Nutritional Facts: Per Serving: Calories: 583, Carbohydrates: 62 grams, Protein: 25 grams, Total Fat: 28 grams, Saturated Fat: 13 grams, Cholesterol: 54 mg, Sodium: 701 mg, Fiber: 13 grams, Total Sugars: 7 grams.