

Spinach Enchiladas

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Servings: 6 Serving Size: 2 enchiladas

Ingredients	Quantity	Measure
Onion, small dice	1	cup
Garlic, minced	¼	cup
Baby spinach, fresh	2	pounds
Roma tomatoes, chopped	3	cups
Salt	1	teaspoon
Black pepper	1	teaspoon
Tortilla shells, flour or corn	12	each
Green Chili Sauce		
Non-dairy margarine	4	ounces
Onion	½	cup
Garlic	1	tablespoon
All-purpose flour	4	ounces
Non-dairy milk, unsweetened	1	quart
Green chilies	8	ounces
Non-dairy sour cream	4	ounces

Preparation

1. Sauté onions and garlic. Add tomatoes, spinach, salt, and pepper. Continue to cook for 3-4 minutes. Allow to drain.
2. Spoon into tortilla and roll up.

Green Chili Sauce

1. Melt margarine, add onions and garlic, sauté.
2. Stir in flour, cook until it emits a nutty aroma.
3. Add 16 ounces of soymilk, stir continuously until creamy. If it's too thick, add more soymilk. You don't want it too thin.
4. Stir in chilies and sour cream.
5. Ladle over enchiladas.

Nutrition Information per serving *From USDA Nutrient Database

Calories: 498 Total Fat: 23g Saturated Fat: 5g Trans Fat: 0g Monounsaturated Fat: 7.8g Polyunsaturated Fat: 5g Carbohydrate: 62g Fiber: 10g Total Sugars: 9g Protein: 17g Sodium: 936mg Vitamin A: 904mg Vitamin C: 80mg Calcium: 524mg Iron: 8mg Folate: 396mcg

