

ENCHILADAS WITH CHEESE AND KALE

NAME OF DISH

INGREDIENTS

- * 2 cups shredded kale
- * 1/2 cup minced scallions
- * 2 tablespoons olive oil
- * 8 corn tortillas
- * 1 cup shredded low-fat Monterey Jack cheese
- * 1 cup salsa

Total: 20-25 minutes

Yield: 4 servings



INSTRUCTIONS

Step 1 - In a large non stick frying pan over medium heat, sauté the kale and scallions in 1 tablespoon of oil until tender, about 5 minutes.

Step 2 - Divide the mixture among the tortillas. Top with cheese. Roll up each tortilla to enclose the filling.

Step 3 - Clean the frying pan and warm it over medium heat. Add the remaining 1 tablespoon oil. Place the enchiladas, seam-side down, in the pan. Let brown for several minutes on each side.

Step 4 - Add the salsa. Cover the pan, reduce the heat and simmer for about 5 minutes, basting frequently.

RECIPE COURTESY OF THE HEALING FOODS COOKBOOK

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