

Vegetarian Enchiladas

Lena Abraham Oct 16, 2018

Some people think vegetarian food can't be filling. Those people are wrong! These enchiladas are stuffed with a hearty combination of corn, beans, and zucchini and topped with two types of cheese. Garnished with avocado, tomato, and cilantro, it's the definition of a healthy and hearty meal.

Yields: 4 Servings

Prep Time: 15 Mins

Total Time: 50 Mins

INGREDIENTS

1. 1 tbsp. extra-virgin olive oil
2. 1/2 medium onion, chopped
3. 2 cloves garlic, minced
4. 2 c. frozen corn, rinsed and drained
5. 3 small zucchinis, chopped
6. Kosher salt
7. 1 tsp. chili powder
8. 1 tsp. cumin
9. 1 (15-oz.) black beans, drained and rinsed
10. 1 (10-oz.) can enchilada sauce
11. Juice of 1/2 lime
12. 8 flour tortillas
13. 2/3 c. shredded Monterey jack
14. 1/3 c. shredded cheddar

FOR TOPPING

1. 1 c. quartered grape tomatoes
2. 1 avocado, sliced
3. 1/4 c. finely chopped onion
4. 1/4 c. fresh cilantro leaves

DIRECTIONS

1. Preheat oven to 350°. In a large skillet over medium heat, heat oil. Add onion and cook until soft, 6 minutes.
2. Stir in garlic and cook until fragrant, 1 minute more. Add corn and zucchinis and season with salt, chili powder, and cumin. Cook, stirring occasionally, until corn is turning golden and zucchini is tender. Add black beans, a 1/4 cup of enchilada sauce, and lime juice. Cook 2 minutes more.
3. Pour half the remaining enchilada sauce into a 9"-x-13" baking dish, and spread into a thin layer. Add a large scoop of vegetable mixture into the centre of each tortilla and roll up tightly. Place rolled up tortillas side by side in baking dish, then top with remaining enchilada sauce and cheeses.
4. Bake until cheese is melty, 15 to 18 minutes.
5. Garnish with tomatoes, avocado, onion, and cilantro.



Photo by Kat Wrising

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