K’s Kitchen: Cheese makes difference in enchiladas

By Kathryn Reed

Feta cheese for enchiladas is not something I would have come up with on my own.

I adapted the following recipe from my friend Denise. She rolls hers up more like a taquito, and therefore has less filling. I increased the amounts for all of the ingredients compared to what she did.

She uses a lemon pepper-garlic salt, whereas I used Beau Monde. The latter is a little pricy, but something I had in the cupboard. I would not buy it just for this recipe.

The flavors of this concoction are outstanding. Leftovers have been tasty as well. I’m hoping they freeze well, too.

In the future I might do a mix of green and yellow squash more for color than flavor. It would also be easy to barbecue the squash and cube it after it cools. I also think substituting one of the cans of beans for tofu would be an option. I would cook it with the zucchini.

I have some extra filling, which I will either freeze, throw into an egg scramble or put into a tortilla.



Roasted Zucchini, Black Bean and Feta Cheese Enchiladas

4 C zucchini, diced

Olive oil

1½ tsp Beau Monde

1 medium red onion, diced

2 15-ounce cans black beans, drained

12 ounces crumbled feta cheese

28 ounces red enchilada sauce

Tortillas

Cilantro, optional

Avocado, optional

Preheat oven to 425 degrees. Place the zucchini on a rimmed baking tray, drizzle with olive oil and seasoning. With hands, coat zucchini. Roast for about 30 minutes until the edges are brown. Remove to cool.

Turn oven temp to 375 degrees.

In large mixing bowl, combine the onion and black beans. Add 2/3 of cheese. Add zucchini. Toss all together.

Over a burner, lightly char both sides of the tortillas. (This is optional.)

Pour 1/3 of enchilada sauce on bottom of 9 x 13 pan.

Fill tortillas equally with mixture. Squeeze as many enchiladas into the pan as possible. Pour remaining sauce over tortillas. Then top with remaining cheese.

Bake for 20 minutes or until tops are crisp.

Top with cilantro and sliced avocado, or serve on the side.