

K's Kitchen: Enchiladas packed with vegetables

By Kathryn Reed

Mexican food gets a bad wrap for being unhealthy. A lot of it has to do with all the cheese and when lard is involved.

It would be easy to skip the cheese and still have a flavorful dish.

During summer when corn is in season I buy several ears, blanch them, cut the kernels off the cob and freeze them. This allows me to have fresh corn through winter. That is what I used for this recipe.

I thought that each day that went by the flavors melded together even more.

This is definitely going to become a regular fixture in my lineup of winter comfort foods.



Veggie Enchiladas

Olive oil

1 butternut squash, peeled, seeded and cut in cubes

1 medium onion, chopped

6 garlic cloves, minced

5 C spinach, packed

1 C corn

4 ounces mushrooms, chopped

1 15 ounce can black beans, drained

1 T cilantro

1 T cumin

$\frac{1}{4}$ tsp pepper

Hot sauce

10 tortillas

16 ounce jar salsa verde

2 C Monterey Jack cheese, shredded

Cook squash for 45 minutes in 350-degree oven, or until tender.

Coat large saucepan with olive oil. Over medium heat cook garlic and onion until slightly opaque.

Add spinach gradually, stir until it wilts, add more until it is all wilted.

Add mushrooms and corn. Cook for 3-5 minutes.

Add squash.

Add cilantro, cumin and pepper. Add dashes of hot sauce until it reaches the heat level you want.

Divide mixture evenly into tortillas. Place seam side down in

9 x 13 baking dish. Spread cheese evenly over enchiladas. Cook for 15 minutes. Pour salsa over enchiladas. Cook for 7 minutes.