



Cuisines from Around the World Series
March 25, 2021

Vegan & Vegetarian Black Bean, Swiss Chard & Kale Enchiladas

Recipes by Nicole Celeste

Ingredients:

an oven safe tray for your enchiladas
corn tortillas (1-2 packages)
enchilada sauce (any brand)
2 cups black beans (canned or fresh)
1 bunch of kale (or any dark leafy green)
1 bunch of Swiss chard (or any dark leafy green)
1 red or yellow onion
5-6 cloves garlic (minced or large pieces)
salt and pepper
turmeric (optional)
cheese (optional) (e.g. Mexican blend of shredded cheese or queso blanco)
-nutritional yeast (optional)

Be creative! Feel free to add any additional ingredients to your enchilada or take out any that you don't like!

Directions:

To Make Filling:

- Chop up onion and garlic. Set aside.
- Chop up kale and swiss chard. Set aside.
- Put a little water or oil in the pan.
- Add onions and garlic.
- Cook on medium/high heat until they begin to brown.
- Add kale (a little at a time).
- Add swiss chard (a little at a time).
- Add black beans.
- Add salt, pepper, and turmeric (to taste).
- Add nutritional yeast (optional--for additional protein).
- Cook until kale or chard is wilted and beans are warm.

Three options to warm your tortillas:

- In the microwave:

- Put up to 5 tortillas on a microwave safe plate and cover with a damp paper towel ● Microwave for 30 seconds to a minute (repeat with 5 more tortillas).

- In the oven:

- Preheat oven to 350 degrees
- wrap up to 5 tortillas in aluminum foil for 15-20 mins (you can heat multiple sets of 5 in the oven at once).

- On the stove top:

- Place each tortilla on a skillet or directly on a low to medium flame for 20 seconds ● Flip them until they are warm on each side.

To Assemble and Bake Enchiladas:

Preheat oven to 350 degrees

- Pour some enchilada sauce on the bottom of the tray to ensure it is not dry. ● Spread some of the filling across a tortilla, roll it up and place it in the tray (if using cheese, sprinkle cheese inside the tortilla before rolling it up).
- Continue until the whole tray is filled with stuffed tortillas
- Pour enchilada sauce over the whole tray making sure not to leave any dry spots. ● If using cheese, cover the top of all the enchiladas with cheese and then pour your sauce on top (use as little or as much cheese as you like).
- Bake the enchiladas in the oven for 15-20 minutes.
- Remove from the oven, eat, and enjoy!

Note: You can also cover your tray and store leftovers in the refrigerator or freezer. If baking after refrigerating the enchilada, bake for approximately 30 min and if frozen, bake for approximately 45 min.

Simple Lime Salad:

Ingredients:

- baby Spinach & Baby Kale mix (or any greens you like)
- purple cabbage
- radishes
- 1 lime
- salt & pepper (to taste)

Directions:

- Chop spinach, kale mix, cabbage, and radishes into small pieces.
- Mix together in a large bowl.
- Squeeze one lime on top.
- Give it a good mix.
- Sprinkle with salt and pepper to taste. Enjoy! That's it! Super Simple!