

K's Kitchen: Enchiladas with quinoa

By Kathryn Reed

Healthy and enchiladas are not always two words that go together. This recipe changes that thinking.

The flavors of this recipe are outstanding.

One of the nice things about quinoa is that it freezes well. I've gotten into the habit of cooking up more than what I need for any given recipe and then freezing the rest. This allows me to speed up the process for the next recipe.

I used the five cheese Mexican blend that comes shredded.

Corn or flour tortillas will work. The number you need will depend on the size you use.

Leftovers freeze well.



Quinoa Sweet Potato Black Bean Enchiladas

1 C cooked quinoa

Tortillas

2 medium sweet potatoes, peeled and cubed

Oil

1 medium yellow onion, chopped

1 15 ounce can black beans, drained

$\frac{1}{4}$ C-plus cilantro, chopped

10 ounce can red enchilada sauce

8 ounces cheese, shredded

16 ounce jar fire roasted salsa verde

Preheat oven to 350 degrees.

If you don't have prepared quinoa, cook some according to directions.

Sauté onion and sweet potato in oil over medium heat until potato is soft. Add black beans and cilantro. Divide mixture evenly into tortillas.

Cover bottom of 9 x 13 pan with enchilada sauce.

Place filled tortillas into pan. Cover with cheese and salsa. Bake for 15 minutes or until cheese is melted.

Optional to serve with extra cilantro, guacamole or sour cream.