

Kale & Potato Enchiladas

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Servings: 12

Ingredients	Quantity	Measure
Russet potatoes, sliced	2 ½	pounds
Salt	1	teaspoon
Kale, leaves only	3	pounds
Onion, diced small	1	cup
Fresh garlic, chopped	¼	cup
Corn tortillas	12	each
Olive oil	1	tablespoon
Enchilada sauce	15	ounces
Tomato sauce	15	ounces
Non-dairy cheddar cheese, shredded	8	ounces

Preparation

1. Cook potatoes until tender. Be sure to salt before cooking.
2. Sauté onion and garlic until translucent. Add kale and continue to sweat until wilted.
3. Blend enchilada sauce and tomato sauce.
4. Heat corn tortillas on a flat top or skillet in oil.
5. Layer in ½ hotel pan with sauce on bottom, using 4 corn tortilla, potatoes, and kale. Repeat with 2 more layers.
6. Top with cheddar cheese and bake covered for 20-25 minutes at 350 degrees.

Nutrition Information per serving *From USDA Nutrient Database

Calories: 305 Total Fat: 10 g Saturated Fat: 1.5 g Carbohydrate: 48 g Protein: 10 g Sodium: 356 mg
Vitamin A: 41% Vitamin C: 28% Calcium: 22% Iron: 17%

