

# Kale & Potato Enchilada Bake

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Servings: 12

Serving size: 1 enchilada

Ingredients	Quantity	Measure
Russet potatoes, sliced	8 ¾ cups (2 ½ pounds)	
Onion, yellow or white, small dice	1	cup
Garlic, fresh, minced	¼	cup
Kale, fresh, stemmed	18 cups (3 pounds)	
Enchilada sauce	1 2/3 cups (15 ounces)	
Tomato sauce	1 2/3 cups (15 ounces)	
Corn tortillas (heat on a flat top/skillet in 1 tablespoon oil)	12	each
Nacho Cheez (Separate Recipe)	1	cup

## Preparation

1. Heat oven to 350 degrees Fahrenheit.
2. Cook potatoes in cold salted water and allow to come to a simmer and cook until tender. Drain and transfer potatoes to a separate bowl. Set aside until step 5.
3. Sauté onion and garlic in a little water until translucent. Add kale and continue to sweat until wilted. Remove from heat and set aside until step 5.
4. While the vegetables are cooking, blend enchilada sauce and tomato sauce in a separate bowl.
5. When all ingredients are ready (including heating the tortillas), layer a ½ hotel pan with a thin layer of sauce on bottom, then 4 corn tortillas, 1/3 of the potatoes, and 1/3 of the kale mixture. Repeat with 2 more layers using up all the ingredients.
6. Top with nacho cheez sauce and bake covered for 20-25 minutes.

## Nutrition Information

 \*From USDA Nutrient Database

Calories: 257 Total Fat: 4g Saturated Fat: .6g Monounsaturated Fat: 1.6g Polyunsaturated Fat: 1g Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 46.6g Fiber: 8.2g Total Sugar: 6.3g Protein: 8.5g Sodium: 567mg Vitamin A: 882µg Vitamin C: 151mg Calcium: 203mg Iron: 3.5mg Folate: 53µg

