

Dos Salsas Vegetarian Enchiladas

There's nothing like an enchilada when you're craving comfort food. We're making our version with sautéed mushrooms, spinach and kale, then serving it with smooth red and green salsas. It's a fresh spin on a classic that's on the table with just 20 minutes of hands-on cooking.

50 *Minutes to the Table*

20 *Minutes Hands On*

2 Whisks *Easy*

Getting Organized

EQUIPMENT

Large Baking Dish
Large Skillet

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

6 MEEZ CONTAINERS

Mushroom
Spinach & Kale
Tortillas
Cauliflower & Mexican
Cheese
Green Salsa
Red Salsa

Make the Meal Your Own

If you ordered the **Carb Conscious version** you received broccoli instead of the tortillas, **reducing the carbs per serving to 32g**. Prior to step 2, heat 1 Tbsp olive oil in a large skillet over medium-high heat. When the oil is hot, add the broccoli and sauté until it starts to brown, about 2 to 3 minutes. Remove from heat and set aside. In Step 4 Layer the cooked broccoli on top of the Red Salsa.

Good to Know

Health snapshot per serving – 720 Calories, 32g Protein, 69g Carbs, 39g Fat, 23 Freestyle Points.

Lightened-Up Health snapshot per serving – 520 Calories, 45g Carbs, 31g Fat, 16 Freestyle Points with half the tortillas and half the cheese.

Have questions? The dinner hotline is standing by from 5 to 8 pm at 773.916.6339.

INGREDIENTS: Flour Tortillas, Cremini Mushrooms, Cauliflower, Button Mushroom, Kale, Spinach, Tomato, Enchilada Sauce, Tomatillos, Monterey Jack, Chihuahua, Cream Cheese, Cilantro, Cumin, Coriander, Garlic, Oregano.

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1. Getting Started

Preheat your oven to 350 degrees.

2. Cook the Vegetables

Heat 2 Tbsp olive oil in a large skillet over medium-high heat. When the oil is hot, add the **Mushrooms** and sauté until they soften, about 3 minutes. Add the **Spinach and Kale** and cook until they wilt, about 3 additional minutes. Remove from the heat.

3. Fill the Tortillas

Lay one **Tortilla** on a flat surface and put ¼ of the cooked veggies in the center, leaving room around the edges to be able to roll it. Remove half of the **Cauliflower & Mexican Cheese** and set it aside for step 4. Take ¼ of the other half of Cauliflower & Mexican Cheese and sprinkle it on top of the veggies. Then pour ¼ of the **Green Salsa** on top and roll into a long tube. Repeat for each tortilla.

4. Bake the Enchiladas

Lightly spray or brush a baking dish large enough for the enchiladas to fit in a single layer with oil and cover the bottom with 1/3 of the **Red Salsa**. Carefully arrange the rolled enchiladas inside, leaving about ½ inch between each. Drizzle the remaining red salsa on and between the tortillas, then sprinkle the remaining Cauliflower & Mexican Cheese over top.

Cover the baking dish with an oiled sheet of aluminum foil and bake until the sauce is hot, and the cheese has melted, about 25 to 35 minutes.

Remove from oven and let rest for 10 minutes. Serve and enjoy!

The sauce between the enchiladas will keep them from sticking together. You may need to use a spatula to nudge them apart.

Oil the shiny side of the foil. If you don't have aluminum foil you can use a baking sheet.

Instructions for two servings.

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