

# Black Bean & Red Quinoa Enchiladas

*with Salsa Verde*

Enchiladas, or “in chile,” originated as a Mexican street food of corn tortillas simply dipped in chili sauce and eaten as a snack. However, the concept of wrapping a tortilla around other foods can be traced back to the Mayans. The first written recipe for the enchiladas we recognize today was published in 1831, in one of the first Mexican cookbooks.



## Ingredients

- 4 Tomatillos
- 4 Cloves Garlic
- 2 Limes
- 1 Large Bunch Cilantro
- 1 Poblano Pepper
- 1 Onion
- ½ Cup Red Quinoa
- 15 Ounce Can Black Beans
- 1 Teaspoon Cumin
- 4 Flour Tortillas
- 1 Cup Shredded Monterey Jack Cheese

Makes 3 Servings  
About 650 Calories Per Serving



# Instructions

1



## Prepare your ingredients:

Preheat the oven to 500°F. Heat a medium pot of salted water to boiling on high. Wash and dry the fresh produce. Remove the papery layer from the tomatillos. Peel and mince the garlic. Cut the limes into quarters. Roughly chop the cilantro. Peel and small dice the onion.

2



## Cook the quinoa:

Add the **red quinoa** to the boiling water. Cook for about 18 to 22 minutes, or until tender. Drain thoroughly and transfer to a medium bowl.

3



## Roast the poblano & tomatillos:

Place the **poblano pepper** and **tomatillos** on a baking sheet. Drizzle with **olive oil** and season with salt and pepper. Roast 9 to 11 minutes, or until the skin of the pepper is browned. When cool enough to handle, carefully remove and discard the skin and seeds from the pepper, then finely chop. Finely chop the tomatillos.

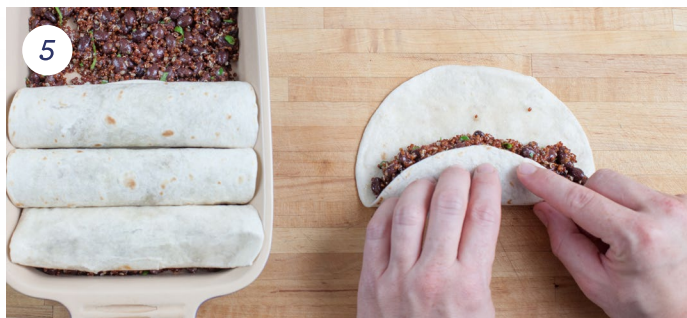
4



## Make the salsa verde:

In the same pot used for the quinoa, heat a little olive oil on medium-high until hot. Add the **onion** and **garlic** and cook 4 to 6 minutes, or until softened. Stir in the **poblano pepper**, **tomatillos**, and **½ cup of water**; season with salt and pepper. Simmer 4 to 6 minutes, or until thickened and slightly reduced in volume, stirring occasionally. Remove from heat and add the **juice of 2 lime quarters**.

5



## Fill & roll the enchiladas:

While the salsa simmers, drain and rinse the **black beans**. To the bowl of **cooked quinoa**, add the **black beans**, the **cumin**, **half the cilantro**, the **juice of 2 lime wedges**, and **about 1 tablespoon of olive oil**. Stir to combine and season with salt and pepper to taste. Spread about **½ cup of the quinoa mixture** into the bottom of a baking dish. Divide the remaining mixture between each **tortilla**, placing it on half of the tortillas. Roll them up, then place them in the baking dish, seam side down.

6



## Bake the enchiladas:

Pour the **salsa verde** over the enchiladas, then sprinkle the **Monterey Jack cheese** over the top; lightly season with salt and pepper. Bake in the oven 10 to 12 minutes, or until the cheese is browned and bubbling. Let stand 1 to 2 minutes before serving. Garnish with the **remaining cilantro** and **lime wedges**. Enjoy!