



# **Ingredients**

6 Flour Tortillas

1/2 Cup Long Grain White Rice

1 14-Ounce Can Whole Yellow Tomatoes

1/2 Cup Plain Greek Yogurt

3 Cloves Garlic

1 Head Alcosa Cabbage

1 Lime

1 Red Onion

## **Knick Knacks**

3 Ounces Monterey Jack Cheese

1 Chipotle Pepper in Adobo Sauce

Makes: 3 servings

Prep Time: 15 minutes | Cook Time: 35-45 minutes



# Prepare the ingredients:

Preheat the oven to 475°F. Wash and dry the fresh produce. Cut out and discard the cabbage core; roughly chop the leaves. Peel and halve the onion; thinly slice 1 half and small dice the remaining half. Peel and mince the garlic. Place the tomatoes in a bowl; gently break apart with your hands. Using a peeler, remove the lime rind, avoiding the white pith; mince the rind to get 2 teaspoons of zest (or use a zester). Quarter the lime. Grate the cheese. Finely chop the pepper; thoroughly wash your hands and cutting board afterwards.



## Cook the rice:

In a small pot, combine the rice, a big pinch of salt and 1 cup of water. Heat to boiling on high. Once boiling, cover and reduce the heat to low. Cook 12 to 14 minutes, or until the water has been absorbed and the rice is tender. Remove from heat and fluff the cooked rice with a fork.



#### Roast the vegetables:

While the rice cooks, place the **cabbage** and **sliced onion** on a sheet pan; drizzle with olive oil and season with salt and pepper. Toss to thoroughly coat. Arrange in an even layer and roast 11 to 13 minutes, or until the cabbage has wilted and the onion has softened. Remove from the oven, leaving the oven on. Carefully transfer the roasted vegetables to a large bowl.



#### Make the sauce:

In a large pan (nonstick, if you have one), heat 2 teaspoons of olive oil on medium-high until hot. Add the **diced onion** and **garlic**; season with salt and pepper. Cook, stirring frequently, 1 to 2 minutes, or until slightly softened. Add the **tomatoes**; season with salt and pepper. Cook, stirring occasionally, 4 to 6 minutes, or until thickened. Turn off the heat. Season with salt and pepper to taste.



# Make the filling & assemble the enchiladas:

To the bowl of roasted vegetables, add the cooked rice, yogurt, lime zest, half the cheese, the juice of 1 lime wedge and as much of the pepper as you'd like, depending on how spicy you'd like the dish to be. Stir to thoroughly combine; season with salt and pepper to taste. Place the tortillas on a clean, dry work surface. Spread about ½ cup of the filling into the bottom of a baking dish. Divide the remaining filling between the tortillas; tightly roll up each tortilla around the filling. Transfer to the baking dish in a single layer, seam sides down. Top with the sauce and remaining cheese.



# Bake the enchiladas & plate your dish:

Place the **enchiladas** in the oven and bake 10 to 12 minutes, or until lightly browned and the cheese has melted. Remove from the oven and let stand for at least 2 minutes. Divide % **of the baked enchiladas** between 2 dishes (you will have extra). Serve with the **remaining lime wedges** on the side. Enjoy!