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Bountiful Garden Zucchini Enchiladas



These vegetarian enchiladas are easy to make, delicious and very filling. They are also very accommodating to modifications. I frequently add mushrooms and other vegetables.

By Annabelle

Prep: 25 mins

Cook: 25 mins

Total: 50 mins

Servings: 4

Yield: 4 servings



Ingredients

1 tablespoon olive oil

1 onion, chopped

2 cloves garlic, minced

3 cups diced zucchini

¼ cup canned diced green chiles

1 teaspoon chili powder

¼ teaspoon black pepper

2 tablespoons butter

2 tablespoons all-purpose flour

¼ teaspoon salt

1 teaspoon chili powder

⅛ teaspoon black pepper

1 cup milk

¼ cup canned diced green chiles

1 cup shredded Monterey Jack cheese

8 (8 inch) flour tortillas

½ cup shredded Monterey Jack cheese

1 ½ cups chopped tomatoes

Directions

Step 1

Preheat an oven to 400 degrees F (200 degrees C). Heat oil in a large skillet over medium-high heat. Cook the onion and garlic in the oil until tender, about 5 minutes. Stir in zucchini, 1/4 cup diced chiles, 1 teaspoon chili powder, and 1/4 teaspoon black pepper. Cook until softened, 3 to 5 minutes. Remove zucchini mixture from skillet and reserve.

Step 2

Melt butter in the skillet over medium low heat. Stir in flour, salt, remaining 1 teaspoon chili powder, and 1/8 teaspoon pepper. Cook, stirring, for 1 minute. Pour in milk; whisk until thickened, 3 to 5 minutes. Stir in the remaining 1/4 cup of diced chiles and 1 cup of Monterey Jack cheese.

Step 3

Stir 1/2 cup of cheese sauce into the zucchini mixture. Spoon 1/3 cup squash mixture down the center of each tortilla; roll up. Place filled tortillas in prepared baking dish, pour remaining cheese sauce over. Cover and bake in preheated oven until hot, about 25 minutes. Remove from oven; sprinkle with remaining 1/2 cup Monterey Jack cheese and the chopped tomatoes.

Nutrition Facts

Per Serving:

662.2 calories; protein 24.2g 48% DV; carbohydrates 73.9g 24% DV; fat 30.8g 47% DV; cholesterol 57.9mg 19% DV; sodium 1135mg 45% DV.

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