

# FOOD52

## Wintry Mushroom, Kale, and Quinoa Enchiladas

By Gena Hamshaw

Editors' Comments:

You may associate enchiladas with summer potlucks or Cinco de Mayo, but it's easy to make them seasonal. Curly kale and mushrooms meet quinoa and black beans for an exceptionally rich and nutritious, crowd-pleasing dish!

Serves 6 Homemade Enchilada Sauce:

- 1 tablespoon olive oil
- 1 cup onion, diced
- 2 cloves garlic, minced
- 1/2 tablespoon chili powder
- 1 teaspoon ground cumin
- 1 teaspoon fresh oregano (or 1/2 tsp dried)
- 1 14 oz can diced tomatoes (I like the Fire Roasted diced tomatoes from Muir Glen)
- 1 teaspoon maple syrup
- 1/3 cup water (or as needed)
- sea salt to taste

Kale, Mushroom, and Quinoa Enchiladas:

- 2 cloves garlic, minced
- 1 small yellow onion, chopped
- 3/4 pounds baby bella or button mushrooms, chopped
- 1/2 cup diced green chilis
- 3 cups kale, chopped
- 1/2 teaspoon ground cumin
- 1/4 teaspoon sea salt (or to taste)
- 1 1/2 cup cooked black beans
- 1 1/2 cup cooked quinoa
- 10 6-inch whole wheat or corn tortillas
- 1/2 cup chopped cilantro

1. To make the enchilada sauce, heat olive oil in a medium skillet or pot. Sauté onion for three minutes. Add garlic and continue cooking for another five minutes, or until onions are translucent.
2. Add the chili powder, cumin, oregano, tomatoes, and maple syrup. Add sea salt to taste.
3. Transfer sauce to a blender or food processor, and blend till it's smooth. Add water to adjust the

consistency as you wish. Set sauce aside till you're ready to use.

4. Preheat oven to 350 degrees.
5. In a large pot over medium heat, heat 1 tbsp olive oil. Sautee onion and garlic till onion is translucent. Add mushrooms and cook until liquid has been released and evaporated.
6. Add the chilis to the pot and give them a stir. Add the kale and allow it to wilt slightly. Add the cumin, sea salt, black beans and quinoa, and continue heating the mixture until it's completely warm and well mixed.
7. In the bottom of a casserole dish, spread a thin layer of the enchilada sauce. Place about a quarter cup mushroom and quinoa mixture in the center of a tortilla. Roll the tortilla up and place it into the dish. Repeat with the remaining tortillas. Cover them all with a layer of enchilada sauce and bake for 25 minutes. Top the enchiladas with chopped cilantro.