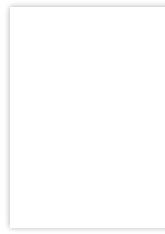


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Spinach Enchiladas



If you like spinach and Mexican food, you'll love these easy vegetarian enchiladas made with ricotta cheese and spinach.

Prep: 20 mins

Cook: 20 mins

Total: 40 mins

Servings: 5

Yield: 5 servings



Ingredients

- 1 tablespoon butter
- ½ cup sliced green onions
- 2 cloves garlic, minced
- 1 (10 ounce) package frozen chopped spinach, thawed, drained and squeezed dry
- 1 cup ricotta cheese
- ½ cup sour cream

Directions

Step 1

Preheat the oven to 375 degrees F (190 degrees C).

Step 2

Melt butter in a saucepan over medium heat. Add garlic and onion; cook for a few minutes until fragrant, but not brown. Stir in spinach, and cook for about 5 more minutes. Remove from the heat, and mix in ricotta cheese, sour cream, and 1 cup of Monterey Jack cheese.

Step 3

In a skillet over medium heat, warm tortillas one at a time until flexible, about 15 seconds. Spoon about 1/4 cup of the spinach mixture onto the center of each tortilla. Roll up, and place seam

2 cups shredded Monterey Jack cheese

10 (6 inch) corn tortillas

1 (19 ounce) can enchilada sauce

side down in a 9x13 inch baking dish. Pour enchilada sauce over the top, and sprinkle with the remaining cup of Monterey Jack.

Step 4

Bake for 15 to 20 minutes in the preheated oven, until sauce is bubbling and cheese is lightly browned at the edges.

Nutrition Facts

Per Serving: 510 calories; protein 18.2g; carbohydrates 32.3g; fat 36g; cholesterol 95.3mg; sodium 353.6mg.

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