



Spinach Enchiladas

Ingredients:

2 cups of cooked lentils
1 tablespoon of olive oil
2 julienne red bell peppers
4 cups of packed baby spinach
1/2 cup of sliced green onions
8 ounces of shredded Monterey Jack cheese
15 ounce can of refried pinto beans, heated
Eight, 8 inch flour tortilla shells
1 cup of red enchilada sauce
1 cup of salsa Verde
Salt and pepper to taste
Optional garnish: Diced avocado, chopped cilantro and sliced green onions

Preparation:

1. Preheat the oven to 375°F.
2. In a large pan on high heat add in the olive oil and sauté the red bell peppers.
3. Once they are lightly browned, fold in the spinach and sliced green onions.
4. Mix in the cooked lentils and season with salt and pepper.
5. Pour 3/4 cups of the enchilada sauce to the bottom of a 13 x 9 casserole dish

To Stuff:

1. Place 2 tablespoons of the heated refried beans on the inside of a flour tortilla shell.
2. Add a few tablespoons of the cooked spinach and lentil mixture.
3. Sprinkle on a tablespoon of Monterey Jack cheese and rollup.
4. Place on top of the enchilada sauce in the pan.
5. Repeat the process 7 more times.
6. Top the rolled up flour tortillas with the remaining 1/4 cup of enchilada sauce and 1 cup of salsa Verde.
7. Sprinkle on the remaining Monterey jack cheese and bake in the oven for 30 minutes.
8. Garnish with diced avocado, chopped cilantro and green onions.