

Broccoli Enchiladas

Tonight, broccoli is the focus of this ancient Mexican delicacy. The broccoli is bathed in a light béchamel sauce flavored with lemon, oregano and a touch of nutmeg. Sweet onion, peppers, garlic and chopped chicken (or plant-based choice) complete the enchilada filling.

The dish is covered with a tasty red enchilada sauce and served with homemade tomato salsa. Spicy Rice and an avocado/citrus salad finish the plate.

This is an excellent meal for dinner guests as it can be prepared ahead of time.

Preparation time: 1 hour and 40 minutes - Serves: 4

Organize Your Ingredients!

Notes on Organizing

Make [White Sauce](#) and [Low-sodium Tomato Salsa](#) early in the day. (Recipes in Tips and Time Savers) They'll be needed as you make this meal. Prep 4 cloves of chopped garlic: 1 for the Enchilada Sauce, 2 for the Enchiladas and 1 for the Spicy Rice. Prep 1-1/4 C. chopped onion. 1/4 C. for the Enchilada Sauce, 1/2 C. for the Enchiladas and 1/2 C. for the Spicy Rice.

Enchilada Sauce

1 tsp. olive oil
1 clove garlic (smashed and chopped)
1/2 C. white wine
1/4 C. chopped onion

one 15 oz. can diced tomatoes
2 tsp. chili powder
1/2 tsp. ground cumin
1 T. balsamic vinegar
3 T. shredded cheddar cheese

Plant-based Choice or Optional Chicken

Plant-based Choice:

1 tsp. olive oil
20 pieces plant-based Chik'n Strips
1/4 C. white wine

Optional Chicken:

1 tsp. olive oil
2 boneless, skinless chicken breasts
1/2 C. white wine - salt and pepper to taste

Spicy Rice

1 C. brown rice (uncooked)
2-1/4 C. water
1 T. chili powder
1/2 tsp. dry ground cumin
1/4 tsp. ground clove
1/4 tsp. allspice
1 tsp. dry oregano leaves
1 T. molasses
1 clove garlic (smashed and chopped)
1/2 C. yellow onion (chopped)
1/2 C. frozen corn

Enchiladas

3/4 C. water
2-1/2 C. broccoli (washed and cut into 1" pieces)
1 tsp. olive oil
2 C. cremini mushrooms (sliced)
1 tsp. olive oil
2 cloves garlic (smashed and chopped)
1/2 C. white wine

1/2 C. bouillon broth (from white sauce prep)
1/2 tsp. ground cumin
2 tsp. chili powder
2/3 C. red bell pepper (seeded and chopped)
2/3 C. green bell pepper (seeded and chopped)
3 T. Jalapeno pepper (seeded and finely-chopped)
1/2 C. yellow onion (coarsely-chopped)
juice from 1/2 a lime

six 9" whole wheat tortillas
Plant-based Chick'n (or Optional Chicken)
1/2 C. shredded extra-sharp cheddar cheese

(Ingredients Continued on next page)

Avocado/Citrus Salad

Avocado/Citrus Salad:

6-8 leaves butter lettuce (rolled and sliced)
2 pink grapefruit (peeled, sectioned and chopped)
2 avocados (chopped)

Dressing for salad:

1 T. olive oil
1 T. white balsamic or rice wine vinegar
1/2 tsp. prepared mustard
1/2 tsp. honey
2 T. bouillon broth (from White Sauce prep)

Let's Cook This Feast!

Basic Assembly Instructions

You'll need White Sauce, Salsa, Enchilada Sauce and Chick'n Strips (or optional chicken) in order to assemble your Enchiladas.

Once Enchiladas are assembled, you may choose to refrigerate until ready to cook.

Cook the Spicy Rice as the enchiladas bake. Make the Avocado Salad while the enchiladas rest after removing them from the oven.

Enchilada Sauce

1. Brown garlic in olive oil. Add white wine, reduce heat and cook 1 minute.
2. Add onion and cook until wine has cooked away.
3. Add canned diced tomatoes, chili powder, ground cumin, vinegar and cheese. Cover pan and cook another 5-minutes over low heat.
4. Remove from burner and set aside.

Plant-based Choice:

Plant-based Choice or Optional Chicken

Brown Chick'n Strips in oil. Brown on all sides. Add 1/4 C. white wine to pan, cover and cook until wine cooks away. Remove from heat cool. Slice lengthwise and chop before adding to filling.

Optional Chicken:

Brown chicken in oil. Add 1/2 C. wine to pan, cover, reduce heat to medium-low and cook 5 minutes per side. Salt and pepper to taste, let cool, and then slice and chop.

Enchiladas

1. Place water in bottom of a vegetable steamer and bring to a boil. Steam broccoli pieces 4-minutes over boiling water. Shock with cold water and set aside.
2. Brown mushrooms in olive oil. Remove from pan and set aside. Using the same pan, brown garlic in oil. Add wine and boil until wine nearly cooks away.
3. Add bouillon broth, spices, peppers and onions. Cook another 3 minutes.
4. Add steamed broccoli, chopped meat choice, and mushrooms to the pan. Toss 1 minute. Remove from heat. Drizzle with lime juice.
5. Soften tortillas in microwave by sprinkling a little water over them as you stack them. Cover and microwave 40-seconds. Oil 9X12 baking dish.

Assemble and Cook Enchiladas

*** Preheat oven to 350°**

1. Spoon 1/3 C. veggies and chicken filling onto the center of each softened tortilla.
2. Spoon 4 T. basic white sauce over the filling.
3. Fold in ends and roll-up. Place seam-side-down in baking dish. You should have at least six enchiladas.
4. Pour Enchilada Sauce over top of all rolled enchiladas and sprinkle with cheese.
 - Once enchiladas are assembled, you may wish to cover and store in the fridge until you're ready to cook them. They can be stored all day if necessary.
 - One hour before you wish to dine, cover enchiladas with foil and bake in a 350° preheated oven for 45 minutes.
5. You can now prepare spicy rice and finish assembling the meal.

Allow enchiladas to rest for 15 minutes after removing from the oven.

Spicy Rice

1. While enchiladas bake, bring rice, water, spices, molasses, garlic and onion to a hard boil. Reduce heat to medium low, cover and cook 25 minutes. Set timer so you don't forget.
2. When timer sounds, stir in frozen corn and cook another 5 minutes. Remove from heat, cover and set aside.

Avocado/Citrus Salad

1. Make a nest of sliced lettuce on one side of each dinner plate or as a side salad. Cover with grapefruit pieces. Arrange avocado slices over grapefruit.
2. Combine dressing ingredients in a small jar with a tight-fitting lid and shake well. Drizzle a couple of teaspoons of dressing over each salad.

Plate the Meal

- Place one enchilada on each dinner plate. Spoon a couple of tablespoons of fresh salsa over each enchilada. Serve salad on one side of the enchilada and 1 C. of spicy rice on the other.
- Place an extra bowl of salsa on the table so diners can help themselves to more if desired.

What I've Learned from this Recipe

This meal offers more of a "slow food" approach to preparation and dining. It offers the cook an opportunity to present a carefully orchestrated meal. Enjoy the fruits of your labors.

Let us know what you think, and ask any questions you may have! chezdon@plate6.com