

Marinated Shrimp Enchiladas

Enchiladas, dating back to the Aztecs, have found a permanent place among the favorite recipes in North America. Tonight, savory marinated shrimp are rolled up with a mixture of browned mushrooms, sweet peppers, onion and mango in this sweet and feisty offering.

Preparation time: 40 minutes - Servings 4 (with leftovers)

Organize Your Ingredients!

Notes on Organizing

Prep and organize ingredients on the countertop before you start cooking. Prep 9 cloves chopped garlic for this meal: Enchilada Sauce (4 cloves), Marinated Shrimp (1 clove), Tomato Salsa (1 clove), Enchiladas (1 clove), Guacamole (1 clove) and Spicy Rice (1 clove). Prep 2-1/2 C. chopped yellow onion and 1/3 C. chopped green onion.

Put rice on to cook now (for Spicy Rice). Bring 1 C. brown rice, 2 -1/4 C. water and 1/2 tsp. salt to a boil. Reduce heat to medium-low, cover pan and set a timer for 25 minutes.

Enchilada Sauce

1 tsp. olive oil
4 cloves garlic (smashed and chopped)
1/2 C. red wine
1 C. yellow onion (chopped)

one 15 oz. can no-salt tomato sauce
one 15 oz. can regular tomato sauce
another 1/2 C. red wine
2 T. balsamic vinegar
1 T. dry oregano leaves
2 tsp. chili powder
1/2 tsp. ground cumin
1/4 tsp. Tabasco sauce

1/4 C. grated sharp cheddar cheese

Marinated Shrimp

20 frozen raw shrimp (deveined, tails removed)

1 tsp. sesame oil
1 clove garlic (smashed and chopped)
1/4 C. onion (finely chopped)
1 tsp. low-sodium soy sauce

1/2 tsp. Asian pepper sauce
1/4 C. low-sodium vegetable broth
1/4 C. nonfat milk
mixed with
1/2 tsp. coconut extract

1 T. lime juice

Quick, Low-sodium Tomato Salsa

(You may also use commercial salsa)

1 clove garlic (smashed and chopped)
1 Anaheim pepper (seeded and chopped)
1 Jalapeno pepper (seeded and chopped)
1/4 C. fresh cilantro (chopped)
1/2 C. yellow onion (coarsely chopped)
juice from 1 lime
1/4 tsp. salt
one 15 oz. can no-salt diced tomatoes

Enchiladas

1 tsp. olive oil
1-1/2 C. or 8 Cremini mushrooms (sliced)
1 clove garlic (smashed and chopped)
1/2 C. white wine
3/4 C. yellow onion (coarsely chopped)
2/3 C. red bell pepper (chopped)
2/3 C. green bell pepper (chopped)
1/2 C. low-sodium vegetable broth
1 C. mango (peeled and chopped)
1 T. chili powder
1/2 tsp. ground cumin
juice from 1/2 lime

six 9" tortillas

1/4 C. grated sharp cheddar cheese

Guacamole

(You may choose to use commercial guacamole)

- 1 clove garlic (smashed and chopped)
- 1/2 Jalapeno pepper (finely-chopped)
- 1/4 C. fresh cilantro leaves (finely-chopped)
- 2 ripe avocados (peeled and sliced)
- juice from 1/2 lime
- 1 Roma tomato (finely-chopped)
- OPTIONAL: 1/4 tsp. ground cumin

Spicy Rice

- Cook rice - (see Notes on Organizing)
- 1/2 C. low-sodium vegetable broth
- 1 T. chili powder
- 1/2 tsp. ground cumin seed
- 1 tsp. dry oregano leaves
- 1 clove garlic (smashed and chopped)
- 1/3 C. green onions (chop entire onion)
- 1 C. frozen corn

- 2 C. cooked brown rice
- 2 T. lime juice

Let's Prepare, Cook, and Plate This!

Basic Assembly Instructions

Be sure you've put the rice on to cook. (See Notes on Organizing.) Marinate shrimp next and then make Enchilada Sauce. You'll need both enchilada sauce and salsa to assemble the enchiladas. Make your own Quick, Low-sodium Salsa and Guacamole or use commercially made products.

Marinated Shrimp

Place frozen shrimp in a strainer and run under cold water. Once well rinsed, place shrimp in 2 C. cold water and set aside to finish thawing.

1. Measure all ingredients for marinade (except the shrimp and lime juice) into a medium-sized bowl. Cover and heat for 2-minutes in the microwave. Allow to cool. Drain water from shrimp and place thawed shrimp in marinade. Toss well and let stand 10 minutes.
2. Heat oil in a medium sauté pan. Lift shrimp out of marinade and cook in 2 tsp. hot canola oil about 1 minute per side. Add 1/2 C. of the marinade to pan with shrimp and toss until marinade cooks away. Remove from heat. When slightly cooled, remove shrimp tails, if necessary, and cut shrimp into 1" pieces. Return shrimp pieces to remaining marinade.

Enchilada Sauce

1. Toss chopped garlic in olive oil over medium-high heat until garlic starts to turn golden brown. Add 1/2 C. red wine and bring to boil. Cook 1 minute.
2. Add onion and toss until wine is almost gone.
3. Add both cans tomato sauce, rinsing cans with additional 1/2 C. red wine.
4. Add balsamic vinegar, spices and Tabasco. Bring to boil. Cover, reduce heat to low and cook 10-minutes.
5. Stir grated cheese into sauce. Set aside.

Quick, Low-sodium Tomato Salsa

Chop and prepare ingredients as indicated and stir together in a medium-sized bowl. Let stand. You may also use a food processor and blend all items except tomatoes until well chopped. Then add tomatoes and pulse a few times.

Enchiladas

Preheat oven to 375°.

1. Brown mushrooms in olive oil. Remove from pan and set aside.
2. Using same pan, brown garlic and add wine. Cook 2-minutes and add onions and peppers. Toss over medium-high heat for 4-minutes. Add broth, mango and spices. Toss an additional 2-minutes. Return browned mushrooms to the pan and drizzle with lime juice. Stir in 1 C. salsa.
3. Stir well with other ingredients and remove from heat.

Assembly:

1. Soften tortillas in microwave by placing on a plate and sprinkling a little water over each tortilla as you stack them. Place another plate over the top and microwave 40 seconds.
2. Remove cooked shrimp from marinade. Discard leftover marinade.
3. Oil a 9X13 baking dish. Scoop 1/3 C. mushroom/vegetable mixture onto the center of tortillas. Spoon 1 T. enchilada sauce over vegetables and make a row of chopped shrimp on top of vegetables. Roll-up enchiladas, tucking ends as you go, and place, seam-side-down, in baking dish. Repeat the process until you've used up the filling. You should have 5 or 6 Enchiladas. Drizzle remaining Enchilada Sauce over enchiladas and sprinkle with 1/4 C. shredded cheese. Cover and bake 30 minutes at 375°.

Guacamole

Place all chopped items (except tomatoes) in a medium-sized bowl. Mash all ingredients with a fork. (The texture should be lumpy with pieces of avocado.) Fold in chopped tomato and cumin.

Spicy Rice

Place broth, spices, garlic, green onions and frozen corn in a medium saucepan. Bring to a boil and cook 2 minutes. Add 2 C. cooked rice, stir well. Drizzle with lime juice, cover and remove from heat.

Plate the Meal

Remove cooked enchiladas from the oven and allow to cool 15 minutes before serving. Serve 1 enchilada per diner with 2/3 C. of the spicy rice. Flank each serving with 1/2 C. salsa and 1/4 C. guacamole.

What I've Learned from this Recipe

This meal has a number of elements to prepare. Making the homemade elements in this recipe will give you a more satisfying, flavor-loaded meal that contains less salt.

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