

Allied Gardens Library
Vegan Adventures



Red Enchiladas

Ingredients:

- 1 cup tricolor quinoa, rinsed
- 2 cups vegetable broth
- 1/2 purple onion, diced
- 3 cloves garlic, minced
- 2 zucchinis, chopped
- 1/2 red bell pepper, diced
- 1 15 oz can black beans, drained
- 1 cup fresh or frozen corn
- 1/4 cup nutritional yeast
- 1 tablespoon chili lime or taco seasoning
- 1/2 bunch cilantro, stems removed and chopped
- 4 green onions, sliced
- 1/2 cup sliced black olives
- 2 avocados, sliced
- 1 7 oz. package vegan pepper jack or cheddar, sliced
- 3 cups enchilada sauce
- 1/2 head ice berg lettuce, sliced thin
- 12 corn tortillas
- Canola or sunflower oil for frying

White Sauce

- 1 cup vegan sour cream or vegan mayo
- Juice of one lime

Directions:

Combine the quinoa and vegetable broth in a medium saucepan. Bring to a boil, cover and simmer until all the moisture is absorbed, about 20 minutes.



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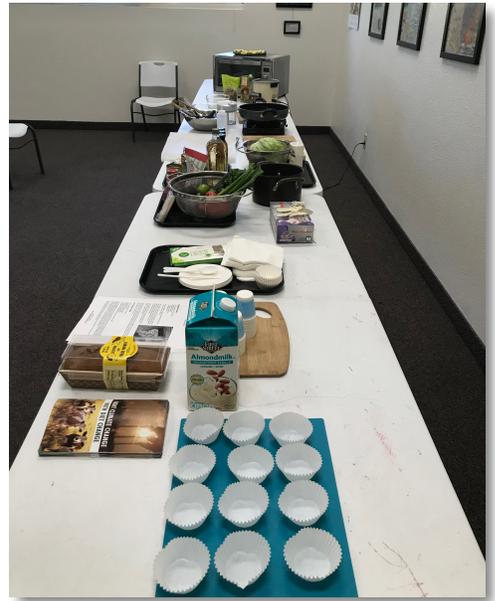
Heat a large skillet to medium high, add a tablespoon of oil and the purple onion, sauté until they begin to soften. Add the garlic, zucchini, and bell pepper. Continue to sauté and stir on medium high for 3-4 minutes. Transfer the cooked quinoa into the sautéed vegetables, stir in the black beans, corn, nutritional yeast and seasoning. Stir to combine and remove from the heat.

Preheat the oven to 400 degrees. Line a baking sheet or cutting board with parchment paper. Place 1/2 of the enchilada sauce in a small bowl and set aside. Slice the vegan cheese into 1 inch strips and set aside.

Add one-half inch of oil to a small skillet, heat it to medium high. Using metal tongs dip a single tortilla in the oil and fry it briefly for about 5 seconds on each side. Transfer the tortilla to the parchment lined surface to cool. Continue frying the remaining tortillas placing them in a single layer to cool.

Take one fried tortilla and dip it in the small bowl of enchilada sauce. Lay it down again on the parchment and place 1/2 cup of the filling in the center, top it with a slice or two of cheese then wrap it from both sides. Transfer each enchilada into a 9x13 inch baking dish arranging them in a row and placing them seam down. Pour the remaining sauce over the top. Chop up any remaining cheese and sprinkle it over the top. Place the baking dish in the oven and bake for 20-25 minutes or until the cheese is bubbling and melted.

While the enchiladas bake prepare a white sauce by combining the juice of one lime with one cup of vegan sour cream or mayonnaise. Mix well then transfer to a squeeze bottle or a ziplock bag. Prepare each plate with a bed of sliced lettuce, top the lettuce with 2-3 of the baked enchiladas, drizzle them with the white sauce then sprinkle them with freshly chopped cilantro and green onions, top with avocado slices and serve. Serve 4-6.



Vegan Banana Bread samples from Trader Joes, Smart and Final's new Almond Milk label, Fight Climate Change with Diet Change brochures, and free printed recipes from earlier Vegan Adventures at Allied Gardens.