Taste and Savor

4 FRESH IDEAS YOU CAN ENJOY IN 4 MINUTES OR LESS

The Friday 4

1 Quick Recipe:

Flavorful Veggie Enchiladas

1 Large Ancho Chile
1 Large Red Onion, chopped
2 TB Olive Oil, divided
3 Garlic Cloves, grated or minced
1 Can Fire Roasted Tomatoes
1 Large Jalapeño, chopped and ribbed and seeded if desired
3 Chipotle Chiles in Adobo sauce
1 Tsp EACH Cumin & Smoked Paprika
½ Tsp Sea Salt
¼ Cup Chopped Peanuts
1 Thick Slice Whole Wheat Bread
1 ½ Cups Veggie Broth
9 Cups Shredded Spinach
1 Tsp Smoked Paprika & ½ Tsp Sea Salt
2 (15 oz) Cans Pinto Beans, drained and rinsed
3 Cups Shredded Part Skim Mozzarella
1 oz 70% or higher Dark Chocolate
12 - 16 Corn Tortillas*

Step One Cut the stem off the chile and remove the seeds. Put the chile in a sauté pan and toast until it turns brown - about 30 seconds Remove to a bowl, pour boiling water over it and set aside.

Step Two Sauté the onion in 1TB oil, add the garlic, and cook until fragrant. Add tomatoes, jalapeño, spices and salt. Cook for thirty minutes or until thick.

Step Three Using the immersion blender, puree the tomato mixture. Chop and add the chiles, along with the peanuts, bread and veggie broth. Puree into a smooth sauce. Return the sauce to the pan and bring to a boil, lower heat and simmer on low for 15 minutes. Add the chocolate and stir well.

Step Four To make the enchiladas, sauté the greens with the paprika and salt until wilted. Add the beans and cook until warm, mashing a little with a spoon.

Step Five Spoon half of the tomato sauce into the bottom of an oiled baking dish. Roll up a tortilla with greens and beans. Place seam side down on the baking dish. Repeat for all tortillas and sprinkle with mozzarella. Top with the remaining tomato sauce and sprinkle with the remaining cheese. Cook for about 30 minutes at 350F. Remove from the oven and let rest for 20 minutes before serving

2 Kitchen Scoop

The flavor of Ancho Chiles is often compared to a "spicy raisin". Easy to find in the grocery store international section, they add a distinctive zing to recipes.

3 Clever Idea

The Enchilada Sauce we are making for this recipe is called a "MOLE" because its a blend of chiles, spices and bittersweet chocolate. If you like these flavors, try using the sauce to top chicken thighs from the grill!

4 Cheers!

Morgan Metallico
Unoaked Chardonnay
Monterey County, California
Whole Foods around $22.00

Crisp and extremely food friendly, delicious unoaked Chardonnay like this one from California make a perfect pair for the smoky flavors from the enchiladas. When pairing wine with spicy foods always remember to steer clear of high alcohol or high tannin - too much of either can make the wine taste bitter with the "warm" foods.

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