



Jackfruit & Pepper Enchiladas

Ingredients *Serves 8*

- 1 28-ounce can crushed tomatoes
- 2 cups diced white onion, divided
- 2 small cloves garlic
- 1 10-ounce package seasoned jackfruit or 8-ounce package seasoned baked tofu
- 1 dried chipotle or ancho chile pepper, stemmed
- 2 cups frozen sliced mixed peppers
- 2 cups shredded Cheddar cheese, divided
- 16 5- to 6-inch corn tortillas
- 1½ tablespoons chili powder
- 1½ tablespoons dried oregano, preferably Mexican
- 1½ teaspoons ground cumin
- ½ teaspoon salt

Preparation *Total Time: 55 minutes*

STEP 1: Preheat oven to 425°F.

STEP 2: Combine tomatoes, 1 cup onion, garlic, chile, chili powder, oregano, cumin and salt in a blender; puree on high until smooth, about 1 minute.

STEP 3: Spread 1/2 cup of the sauce in a 9-by-13-inch baking dish. Layer 4 tortillas over the sauce. Top with 1/2 cup peppers, 1/2 cup jackfruit (or tofu), 1/2 cup cheese and 1/4 cup of the remaining onion. Repeat the layers twice. Top with the remaining tortillas, peppers, jackfruit (or tofu) and onion. Spread the remaining sauce on top.

STEP 4: Coat a large piece of foil with cooking spray and cover the baking dish tightly. Bake the enchiladas for 10 minutes. Remove the foil and sprinkle on the remaining 1/2 cup cheese. Continue baking until the cheese is melted and the edges are starting to brown, 15 to 20 minutes longer.

Nutrition *Per Serving*

291 Calories, Total Fat: 12 g, Saturated Fat: 6 g, Cholesterol: 28 mg, Carbohydrates: 38 g, Fiber: 9 g, Total Sugars: 7 g, Added Sugars: 0 g, Protein: 12 g, Sodium: 676 mg, Potassium: 562 mg, Folate: 35 mcg

Calcium: 312 mg