



Spinach and Broccoli Enchiladas

Make at Home (Prep and Prepared (PP) or Raw Ingredients (R) Kits)

1 Cup Diced Onion
1 Cup Broccoli (PP- cut, R whole)
8.5 oz thawed Spinach (PP- drained, R needs to be drained with paper towel)
1.5 tsp each garlic powder and taco seasoning
1 Cup shredded cheddar
1 Cup cottage cheese
Enchilada or Picante Sauce
8 flour tortilla

You will need:

2 tsp oil (extra virgin works best, but you can use any kind)
Sauté pan/skillet
Large Spoon
13 x 9 baking dish (spray with cooking spray if not non-stick)

Directions:

Before starting, if needed, cut broccoli into fine pieces and drain spinach in a paper towel to remove extra water... put aside. Pre-heat oven to 350 degrees

In a skillet, add 2 tsp of oil and warm over medium heat. Add onion and stir frequently until tender.

Add Broccoli and stir, add spinach and cook until warm. Add 1/3 of sauce into the pan saving the rest. Add garlic powder and taco powder and mix thoroughly, remove from heat onto a safe surface. Add cottage cheese and mix well, add 1/2 of the cheddar and mix (will not melt).

Add mixture evenly into the flour tortilla and fold in half twice. Place in pan (8 to a pan). Top off with rest of sauce and spread on top. Sprinkle rest of cheese on top. Cook at 350 degrees for 25-30 minutes. When done, let sit for about 8 min.

Each serving is 2 enchiladas

Enjoy! (Don't forget to turn off the oven)