

THE WAY THE COOKIE CRUMBLES



Black Bean-Roasted Zucchini-Goat Cheese Enchiladas (filling adapted from Sprouted Kitchen; sauce from America's Test Kitchen's *Healthy Family Cookbook* via Prevention RD)

I roasted the zucchini on a baking sheet immediately after dicing them, but because zucchini is so wet, I think they would benefit from being sprinkled with about a teaspoon of salt, then allowed to drain for half an hour or so before roasting. If you have one, spinning them dry in a salad spinner would also help them pick up more roasted brown color in the oven. On the other hand, the enchiladas were really delicious without this extra step.

Serves 4

Enchiladas:

3 large zucchini, cut into ¼-inch dice
1 small onion, coarsely chopped
1 tablespoon extra virgin olive oil, divided
zest from 1 lemon
1 teaspoon kosher salt
1 (15-ounce) can black beans, rinsed and drained
5 ounces goat cheese, divided
12 corn tortillas

Sauce:

1 teaspoon canola oil
½ small onion, finely chopped
2 cloves garlic, minced
1½ tablespoons chili powder
½ tablespoon ground cumin
1 teaspoon sugar
¼ cup water
1 (8-ounce) can tomato sauce
black pepper, to taste

For serving:

2 avocados, diced
½ cup minced cilantro
lime wedges

1. Heat the oven to 450 degrees. On a large rimmed baking sheet, combine the zucchini, onion, oil, lemon zest, and salt. Roast, stirring occasionally, until the zucchini is softened and maybe slightly browned, about 30 minutes. Transfer to a large bowl; stir in the black beans and 4 ounces of goat cheese. Reduce the oven temperature to 350 degrees.

2. While the zucchini roasts, heat 1 teaspoon of canola oil in a medium saucepan over medium heat. Add the onion and cook until translucent and slightly browned around the edges, stirring occasionally, about 8 minutes. Add the garlic, chili powder, cumin, and sugar; cook, stirring constantly, until fragrant, about 1 minute. Add the water and tomato sauce. Increase the heat to medium-high, bring to a simmer, then reduce the heat to medium-low. Maintain a low simmer until slightly thickened, 5 to 10 minutes, stirring occasionally.

3. To soften the tortillas, brush or spray them with a light layer of oil. Arrange 6 tortillas in a single layer on a baking sheet; transfer to the oven and cook for about 3 minutes; flip the tortillas and continue baking for 2 more minutes, until the tortillas are pliable. Repeat with the remaining tortillas.

4. Spread a thin layer of sauce over the bottom of a 9-by-13-inch baking dish. Divide the filling evenly between the tortillas. Roll the tortillas over the filling, arranging the filled tortillas seam-side down in the baking dish. Cover the rolled tortillas with the remaining enchilada sauce. Sprinkle the remaining 1 ounce of goat cheese over the top of the sauce. Bake uncovered for 25-30 minutes, until the enchiladas are evenly heated. Let set for 5 minutes before serving with chopped avocado, cilantro, and lime.