

Eggplant & Chicken-Almond Enchiladas

1 tbls olive oil
1 cup minced onion
6 cups diced eggplant (can substitute half with cooked shredded chicken)
1 tsp salt or more to taste
lots of black pepper
4 medium cloves garlic, minced
1 medium red or green bell pepper, minced
1 cup lightly toasted almonds, minced
1 packed cup grated jack cheese (or similar mild white cheese)
12 flour tortillas
1 batch Mexican Red Sauce

Instructions:

Heat olive oil in a deep skillet or Dutch oven. Add onion, and saute' for about 5 minutes over medium heat.

Add eggplant, salt, and pepper, and mix well. Cover and cook for about 10 minutes over medium heat, stirring occasionally, until the eggplant is soft.

Add garlic and bell pepper. Stir and cook 5 to 8 more minutes, or until the pepper is just tender. Taste to correct salt.

Remove from heat; stir in almonds and cheese and chicken if using.

Preheat oven to 350° F. Place approximately 1/3 cup of filling on one side and roll up. Gently situate the filled enchiladas in a baking pan. Pour a batch of sauce over the top. Bake uncovered for about 30 minutes.

Typically makes 8 -10 enchiladas

Source: Moosewood Cookbook – note flour tortillas substituted for corn tortillas