

Green Chile Enchiladas

With their spicy green chile sauce and a blanket of melty cheese, these hearty vegetarian enchiladas will satisfy even the most resolute meat eater.

By **Ananda Eidelstein** | Updated on August 17, 2022

Hands On Time: 30 mins

Total Time: 1 hr

Yield: 4 serves

Ingredients

- 2 tablespoons canola oil
- 2 teaspoons ground cumin
- 1 yellow onion, seeded and chopped
- 1 poblano chile, chopped
- 1 teaspoon kosher salt, divided
- 1 cup fresh or frozen corn kernels (from 2 ears)
- 1 15-oz. can black beans, drained and rinsed
- 6 ounces Monterey Jack cheese, shredded (about 1½ cups), divided
- 1 ⅓ cups tomatillo salsa or salsa verde
- 1 4.5-oz. can chopped green chiles, drained
- ¾ cup packed fresh cilantro leaves, plus more for serving
- ½ cup sour cream, divided
- 8 6-in. corn tortillas

Directions

Step 1

Preheat oven to 400°F. Heat oil in a large skillet over medium. Add cumin and cook, stirring often, until fragrant, about 30 seconds. Add onion, poblano, and ½ teaspoon salt and cook, stirring occasionally, until softened, about 10 minutes. Add corn and cook, stirring, until tender, about 2 minutes. Remove from heat and stir in beans and 1 cup cheese. Set aside.

Step 2

Process tomatillo salsa, green chiles, cilantro, $\frac{1}{4}$ cup sour cream, and remaining $\frac{1}{2}$ teaspoon salt in a blender until smooth.

Step 3

Spread $\frac{3}{4}$ cup sauce in the bottom of a 2-quart baking dish. Place about $\frac{1}{2}$ cup bean mixture in each tortilla, roll up, and lay seam side down in dish. Top with remaining sauce and cheese. Bake until bubbling and beginning to brown, about 20 minutes. Let stand for 10 minutes. Top with remaining sour cream and cilantro.

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Chicken and Asparagus Stir-Fry

This stir-fry stars one of our favorite spring vegetables: asparagus!

By [Ree Drummond](#) Published: Feb 8, 2024

YIELDS:

4 - 6 serving(s)

PREP TIME:

40 mins

TOTAL TIME:

40 mins

Ingredients

CHICKEN

1/2 lb. pounds skinless, boneless chicken breasts, sliced 1/4 inch thick

1 Tbsp. cornstarch

2 tsp. dry sherry

1/2 tsp. kosher salt
vegetable oil

1 Tbsp. vegetable oil

SAUCE

1/2 cup low-sodium chicken broth

2 Tbsp. oyster sauce

2 tsp. dry sherry

1 1/2 tsp. cornstarch

1 tsp. soy sauce

1 tsp. toasted sesame oil

1/2 tsp. sugar

STIR-FRY

Directions

- 1 | For the chicken: Toss the chicken, cornstarch, sherry and salt in a bowl until well coated. Add the vegetable oil and toss to coat. Let sit for 15 minutes.
- 2 | For the sauce: Whisk the broth, oyster sauce, sherry, cornstarch, soy sauce, sesame oil and sugar in a small bowl until the cornstarch and sugar dissolve.
- 3 | For the stir-fry: Heat 1 tablespoon vegetable oil in a large nonstick skillet over medium-high heat. Add half of the chicken in a single layer; cook 30 seconds without moving, then toss until opaque but still pink inside, 20 to 30 more seconds. Remove to a plate. Add the remaining 1 tablespoon oil and repeat with the remaining chicken; remove to the same plate.
- 4 | Add the ginger, garlic and scallion whites to the drippings in the skillet. Stir for a few seconds,

- 2 Tbsp. vegetable oil

- 1 Tbsp. minced fresh ginger

- 3 garlic cloves, minced

- 2 scallions, sliced, white and green parts separated

- 1 lb. thin asparagus, ends trimmed, cut into 2-inch pieces

- 2 carrots, sliced 1/4 inch thick

- Kosher salt, to taste

- Cooked white rice, for serving

[See Nutritional Information](#) ✓

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then add the asparagus and carrots. Cook, stirring, until crisp-tender, 4 to 5 minutes.

- 5 | Stir the sauce well, then add to the skillet. Return the chicken to the pan and toss until the sauce thickens and coats the chicken, 30 seconds to 1 minute. Season with salt, if needed. Serve with rice and garnish with the scallion greens.

Molasses-Soy Glazed Salmon and Vegetables Recipe

In just 35 minutes, you can serve your family this incredibly delicious and good-for-you seafood supper. When it comes to busy weeknight dinners, quick and easy is the name of the game; and this tangy salmon with savory roasted vegetables is both full of flavor and hearty enough to satisfy the whole family. Make sure to cut the vegetables in similar sized pieces so they cook in the same amount of time. Couscous or quick cooking farro are both delicious and healthy substitutes for brown rice, and can be prepared while the rest of the meal is cooking. The tangy glaze is a great match for salmon, but it also pairs well with chicken and shrimp. Avoid buying thin fish fillets because they will finish cooking before the vegetables.

By **Karen Schroeder-Rankin** | Published on December 19, 2017

Active Time: 15 mins

Total Time: 35 mins

Yield: 4 serves

Ingredients

1/3 cup soy sauce

1/4 cup molasses

1 tablespoon freshly grated ginger

1 tablespoon rice vinegar

2 teaspoons minced garlic (about 2 garlic cloves)

1 bunch scallions (about 5 oz.)

6 ounces sugar snap peas (about 1 1/2 cups), trimmed

2 medium-size yellow bell peppers, cut into 1/2-inch-thick wedges

2 tablespoons olive oil

4 (6-oz.) skin-on salmon fillets

3/4 teaspoon kosher salt

1/2 teaspoon black pepper

2 (8.8-oz.) packages precooked microwavable brown rice

4 teaspoons toasted sesame seeds

4 lime wedges (optional)

Directions

Step 1

Preheat oven to 400°F. Combine soy sauce, molasses, ginger, vinegar, and garlic in a small saucepan over medium. Cook, stirring often, until mixture simmers and reduces to about 1/2 cup, about 2 minutes. Remove from heat.

Step 2

Thinly slice green parts of scallions; reserve. Cut white parts of scallions into 1-inch pieces, and place on a large rimmed baking sheet. Add sugar snap peas and bell peppers. Drizzle vegetables with oil, and toss to coat. Spread in an even layer.

Step 3

Place salmon fillets, skin side down, nestled in vegetable mixture; spoon about 1 tablespoon molasses mixture over each fillet. Reserve remaining molasses mixture. Sprinkle salmon and vegetables evenly with salt and pepper. Place in preheated oven, and bake until vegetables are tender and lightly browned, salmon is cooked to medium, and glaze is golden, 16 to 18 minutes.

Step 4

Prepare rice according to package directions; divide evenly among serving plates. Place salmon and vegetables on plates; sprinkle with scallion slices and sesame seeds. Serve with remaining molasses mixture and, if desired, lime wedges.

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Slow Cooker Italian Beef

This Italian beef is perfect for sandwiches. It's easy to make in a slow cooker and tastes just like my all-time favorite sandwich that I used to get at a local restaurant when I lived in a suburb of Chicago. Serve on crusty rolls with roasted sweet or hot peppers.

Submitted by **MAUREENBURR** |

Prep Time: 10 mins

Cook Time: 4 hrs 5 mins

Total Time: 4 hrs 15 mins

Servings: 10

Ingredients

- 3 cups water
- 1 (.7 ounce) package dry Italian-style salad dressing mix
- 1 teaspoon dried oregano
- 1 teaspoon dried basil
- 1 teaspoon dried parsley
- 1 teaspoon onion salt
- 1 teaspoon garlic powder
- 1 bay leaf
- 1 teaspoon salt
- 1 teaspoon ground black pepper
- 1 (5 pound) rump roast

Directions

Step 1

Combine water, salad dressing mix, oregano, basil, parsley, onion salt, garlic powder, bay leaf, salt, and black pepper in a saucepan. Stir well, and bring to a boil.

Step 2

Place rump roast in a slow cooker; pour hot herb mixture over the meat.

Step 3

Cover and cook on Low for 10 to 12 hours, or on High for 4 to 5 hours.

Step 4

Remove bay leaf; shred beef with a fork and serve with some of the hot gravy.

Nutrition Facts

Per serving: 318 calories; total fat 16g; saturated fat 6g; cholesterol 100mg; sodium 819mg; total carbohydrate 2g; dietary fiber 0g; total sugars 1g; protein 39g; vitamin c 0mg; calcium 17mg; iron 3mg; potassium 530mg

Viral Cottage Cheese Sweet Potato Ground Beef Bowls

★★★★★
5 from 11 votes

High protein bowls made with lean ground beef with roasted sweet potatoes, cottage cheese, avocado and hot honey.

Prep Time
5 mins

Cook Time
30 mins

Course: dinner, lunch, Main Course Servings: 4 Author: Jamie N, Registered Dietitian

Ingredients

- 2 tbsp olive oil divided
- 2 cups cottage cheese
- 1-2 avocados sliced
- 1 lb lean ground beef or ground chicken/turkey
- 1 packet taco seasoning ~3 tbsp, I prefer Siete
- 2 sweet potatoes peeled and diced
- 1/2 tsp onion powder
- 1/2 tsp garlic powder
- 1/2 tsp paprika
- 1/4 tsp salt
- 1/4 tsp pepper
- 1/2-1 cup cilantro chopped
- hot honey for drizzling
- optional: jalapeños, red pepper flakes, squeeze of lime juice

Instructions

1. Prepare roasted sweet potatoes. You can use the air fryer or oven:
 - Air fryer: Preheat air fryer to 400 degrees. In a medium bowl, toss sweet potatoes in 1 tbsp olive oil, salt, pepper, garlic powder, onion powder and paprika. Add sweet potatoes to the air fryer basket and air fry for about 12-15 minutes until potatoes are easily pierced with a fork.
 - Oven: Preheat oven to 425 degrees. In a medium bowl, toss sweet potatoes in 1 tbsp olive oil, salt, pepper, garlic powder, onion powder and paprika. Add sweet potatoes to a parchment-lined or oiled baking sheet and roast for 25-35 minutes, until potatoes are easily pierced with a fork.
2. While potatoes are cooking, heat 1 tbsp olive oil on medium heat. Add lean ground beef and taco seasoning. Break meat apart as it cooks and continue cooking on medium heat for about 7-10 minutes or completely cooked through (no pink).
3. Assemble bowls: Add 1/4 of the ground beef, 1/4 of sweet potatoes, 1/2 cup of cottage cheese, 1/4 - 1/2 avocado slices, and cilantro. Drizzle with hot honey and red pepper flakes to taste. Add a squeeze of fresh lime juice and jalapeño slices (fresh or pickled) if desired.

Nutrition

Serving: 1 bowl | Calories: 500kcal | Carbohydrates: 32g | Protein: 38g | Fat: 25g | Saturated Fat: 6g | Polyunsaturated Fat: 2g | Monounsaturated Fat: 13g | Trans Fat: 0.4g | Cholesterol: 88mg | Sodium: 1470mg | Potassium: 1149mg | Fiber: 7g | Sugar: 8g | Vitamin A: 17331IU | Vitamin C: 12mg | Calcium: 141mg | Iron: 4mg

