

Jackfruit Enchiladas Verde Casserole

Serves 4-6

Turning the enchiladas into a casserole cuts both calories and work! There's no need to dip the tortillas into hot oil before wrapping. Surprisingly, jackfruit has a similar texture to chicken, but with a fraction of the calories and no cholesterol or fat. The *cheez* isn't cheese, of course, but combined with all the other ingredients, the result is cheesy.

1 can Jackfruit (in water or brine)	1 teaspoon ground cumin
1 $\frac{1}{2}$ cup Smoked Coconut Cheez (recipe follows)	1 15-oz can black beans, drained
3 cup Salsa Verde (canned or homemade)	8 green onions, sliced
1 tablespoon chili powder	1 small can diced Ortega peppers
	18 - 24 corn tortillas

Preheat oven to 350°F

Shred or dice the Jackfruit. Combine with $\frac{3}{4}$ cup of the coconut cheez, $\frac{3}{4}$ cup of chile verde, the chili powder, and cumin. Taste and add salt if desired. Set aside.

Combine the black beans with the green onions, Ortega peppers, remaining coconut cheez and $\frac{3}{4}$ cup salsa verde. Set aside.

Spray a 9" x 13" enchilada pan with nonstick spray. Smear $\frac{1}{4}$ cup of the salsa verde in the bottom. Put one layer of corn tortillas on top of the salsa verde, cutting the round edges to fit (use the pieces to fill in open spots). Layer half of the jackfruit mixture on the bottom. Top with a layer of corn tortillas. Top that with half of the black bean mixture and a layer of corn tortillas. Repeat with the remaining jackfruit, tortillas, and black beans, ending with a layer of tortillas.

Top with the remaining $1\frac{1}{4}$ cup salsa verde. Bake 30 - 45 minutes until hot.

Coconut Cheez

This makes a pretty good vegan fondue as well, but with a lot less calories and fat than the real thing. No cholesterol either. Nutritional yeast, tahini, and flax seeds can be found in most high-end grocery stores. Do *not* substitute baking yeast.

1 can coconut milk

2 tablespoon lemon juice

$\frac{1}{4}$ cup orange juice

2 tablespoons soy sauce

1 teaspoon salt

1 tablespoon nutritional yeast

1 tablespoon tahini

$\frac{1}{4}$ teaspoon garlic granules

1 tablespoon tapioca flour (or
cornstarch)

1 teaspoon ground flax seeds

Blend all ingredients in a blender. Heat over medium heat, stirring constantly until it comes to a boil. Reduce heat and continue cooking for 5 minutes longer. Remove from heat and either use immediately, or cool and refrigerate. Can be thinned with stock or coconut milk, or thickened by adding more flax seeds (a little goes a long way).