



## Shrimp and Cotija Enchiladas with Salsa Verde and Crema Mexicana

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



440 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 2 cups cilantro leaves fresh packed coarsely chopped for garnish ()
- ☐ 12 ounces feta cheese divided crumbled
- ☐ 4 garlic clove unpeeled
- ☐ 1 cup spring onion packed chopped ()
- ☐ 1 teaspoon ground cumin
- ☐ 4 tablespoons olive oil divided
- ☐ 1.3 cups onion red thinly sliced chopped for garnish

- ☐ 2 tablespoons oregano fresh chopped
- ☐ 4 large poblano pepper fresh cored halved lengthwise seeded
- ☐ 1.5 pounds shrimp deveined uncooked peeled
- ☐ 2.5 pounds tomatillos husked rinsed

## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ oven
- ☐ baking pan
- ☐ aluminum foil
- ☐ broiler
- ☐ microwave
- ☐ spatula
- ☐ glass baking pan

## Directions

- ☐ Preheat broiler. Line large rimmed bakingsheet with foil; brush lightly with 1tablespoon olive oil. Arrange tomatillos,poblano chiles, cut side down, and garliccloves on prepared baking sheet. Broil untiltomatillos and chiles begin to soften andblacken in several spots, watching closely toprevent burning, about 10 minutes (do notturn).
- ☐ Remove from oven.
- ☐ Let stand until coolenough to handle, about 15 minutes.
- ☐ Transfer tomatillos to processor. Peelgarlic and add to processor. Peel charredparts of chiles; coarsely chop chiles.
- ☐ Addgenerous 1/3 cup chopped chiles to processor(reserve remaining chiles for enchiladafilling).

- ☐ Add 2 cups cilantro and 1 cup green onions to processor; using on/off turns, blend until coarse puree forms. Season salsa verde to taste with salt and pepper.
- ☐ Transfer 1 1/2 cups salsa verde to shallow bowl.
- ☐ Heat 2 tablespoons oil in large nonstick skillet over medium-high heat.
- ☐ Add chopped red onion and sauté until slightly softened, about 2 minutes.
- ☐ Sprinkle shrimp with salt and pepper.
- ☐ Add shrimp, oregano, cumin, and remaining chopped chiles to skillet; sauté just until shrimp are almost opaque but not completely cooked through, tossing often, 3 to 3 1/2 minutes.
- ☐ Remove shrimp mixture from heat.
- ☐ Preheat oven to 350°F.
- ☐ Brush 15x10x2-inch glass baking dish with remaining 1 tablespoon olive oil.
- ☐ Spread 1/2 cup salsa verde from processor in bottom of dish. Stack tortillas; wrap in damp paper towels and place on plate. Microwave tortillas on high just until soft and pliable, 1 to 1 1/2 minutes. Working with 1 tortilla at a time, dip tortilla into bowl with 1 1/2 cups salsa verde, turning to coat both sides evenly.
- ☐ Transfer to prepared baking dish.
- ☐ Place 4 shrimp and some onion-chile mixture down center of tortilla, then sprinkle rounded tablespoonful cheese over.
- ☐ Roll up tortilla, enclosing shrimp and onion-chile filling.
- ☐ Place seam side down in dish. Repeat with remaining tortillas, shrimp, onion-chile mixture, and cheese.
- ☐ Spread 2 cups salsa verde from processor over enchiladas.
- ☐ Bake enchiladas just until heated through and cheese melts, about 20 minutes. Using spatula, transfer 2 enchiladas to each of 6 plates. Spoon any remaining salsa verde over; sprinkle with remaining cheese.
- ☐ Drizzle with crema and garnish with red onion slices and additional chopped cilantro, if desired.
- ☐ \* Available in the produce section of some supermarkets and at Latin markets.

## Nutrition Facts



■ PROTEIN 30.31% ■ FAT 48.05% ■ CARBS 21.64%

## Properties

Glycemic Index:28, Glycemic Load:2.08, Inflammation Score:-10, Nutrition Score:31.420869858369%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 5.17mg, Luteolin: 5.17mg, Luteolin: 5.17mg, Luteolin: 5.17mg Isorhamnetin: 1.67mg, Isorhamnetin: 1.67mg, Isorhamnetin: 1.67mg, Isorhamnetin: 1.67mg Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 13.82mg, Quercetin: 13.82mg, Quercetin: 13.82mg, Quercetin: 13.82mg

## Nutrients (% of daily need)

Calories: 440.03kcal (22%), Fat: 24.46g (37.64%), Saturated Fat: 9.32g (58.27%), Carbohydrates: 24.8g (8.27%), Net Carbohydrates: 17.42g (6.33%), Sugar: 12g (13.33%), Cholesterol: 233.03mg (77.68%), Sodium: 794.44mg (34.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.72g (69.44%), Vitamin C: 117.74mg (142.72%), Vitamin K: 95.4µg (90.86%), Phosphorus: 554.91mg (55.49%), Calcium: 432.94mg (43.29%), Copper: 0.74mg (37.06%), Vitamin B2: 0.62mg (36.37%), Manganese: 0.7mg (34.8%), Vitamin B6: 0.69mg (34.65%), Potassium: 1189.9mg (34%), Fiber: 7.38g (29.54%), Vitamin A: 1418.75IU (28.37%), Magnesium: 113.47mg (28.37%), Zinc: 3.94mg (26.29%), Vitamin B3: 4.88mg (24.38%), Iron: 3.83mg (21.3%), Vitamin E: 3.12mg (20.78%), Vitamin B1: 0.27mg (17.99%), Folate: 66.66µg (16.66%), Vitamin B12: 0.96µg (15.97%), Selenium: 10.14µg (14.49%), Vitamin B5: 1.05mg (10.51%), Vitamin D: 0.23µg (1.51%)