



Sweet Potato Chilaquiles with Griddled Salsa Roja

 Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



236 kcal

SIDE DISH

Ingredients

- ☐ 12 corn tortillas
- ☐ 0.5 cup cilantro leaves fresh chopped
- ☐ 0.3 cup red wine vinegar
- ☐ 1 garlic clove
- ☐ 2 jalapeno seeded chopped
- ☐ 0.5 cup monterrey jack cheese grated
- ☐ 2 small onion

- ☐ 2 poblano pepper diced peeled seeded
- ☐ 1 cup salsa
- ☐ 10 servings salt to taste
- ☐ 1.5 cups cream sour
- ☐ 12 ounces sweet potatoes and into diced peeled finely
- ☐ 8 tomatillos husked rinsed quartered
- ☐ 1 tablespoon shortening
- ☐ 1.5 cups vegetable stock homemade store-bought
- ☐ 0.5 cup milk whole

Equipment

- ☐ food processor
- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ mixing bowl
- ☐ blender
- ☐ baking pan
- ☐ aluminum foil

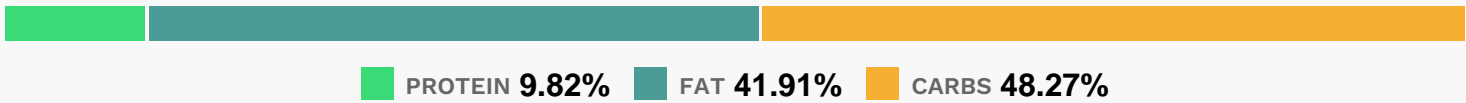
Directions

- ☐ Slice one onion into very thin strips.
- ☐ Combine with the vinegar in a bowl and set aside. Chop the other onion coarsely and set aside. In a mixing bowl, whisk the sour cream and milk together.
- ☐ In a large skillet, pour enough vegetable oil to come 1/4 inch up the sides.
- ☐ Heat the oil over medium heat until lightly smoking. Fry the tortillas, 1 or 2 at a time (or as many as will fit in the pan), just until crisp, about 1 minute. (You may need to add a little more

oil for the last few tortillas.)

- ☐ Drain on paper towels.
- ☐ Place the stock in a saucepan and bring to a boil.
- ☐ Add the tomatillos and cook until tender, about 6 minutes; drain, reserving the stock.
- ☐ Place the tomatillos, jalapeños, chopped onion, garlic, and cilantro in a blender or food processor and blend until smooth. Season with salt.
- ☐ In a large skillet over medium heat, heat the vegetable shortening until lightly smoking.
- ☐ Pour in the tomatillo mixture and stir constantly for about 5 minutes, until thick and dark.
- ☐ Add the reserved stock and bring to a boil. Reduce the heat and simmer for 8 to 10 minutes; the sauce should be thick enough to coat the back of a spoon. Meanwhile, preheat the oven to 350°F.
- ☐ Add the sweet potato to a saucepan of boiling salted water and blanch for 3 minutes, or until tender.
- ☐ Drain and refresh in ice water to stop the cooking process.
- ☐ Line an 8-inch square baking pan with 3 tortillas; they will overlap slightly.
- ☐ Pour one quarter of the tomatillo sauce on top, and pour one quarter of the sour cream-milk mixture on top of the sauce. Top with one quarter of the cheese, and place a third of the poblanos and sweet potatoes over the cheese. Repeat this process with the remaining tortillas, sauce, sour cream mixture, and cheese: the top layer will not have poblanos or sweet potato.
- ☐ Cover the baking pan with foil and bake for 30 minutes, or until the cheese is melted and bubbly.
- ☐ Remove and top with the drained marinated onions.
- ☐ Serve with the salsa.
- ☐ Southwestern Vegetarian by Stephan Pyles
- ☐ Clarkson N. Potter

Nutrition Facts



Properties

Glycemic Index:34.95, Glycemic Load:10.26, Inflammation Score:-10, Nutrition Score:14.488695554111%

Flavonoids

Luteolin: 1.17mg, Luteolin: 1.17mg, Luteolin: 1.17mg, Luteolin: 1.17mg Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.94mg, Quercetin: 3.94mg, Quercetin: 3.94mg, Quercetin: 3.94mg

Nutrients (% of daily need)

Calories: 236.24kcal (11.81%), Fat: 11.38g (17.51%), Saturated Fat: 5.32g (33.27%), Carbohydrates: 29.5g (9.83%), Net Carbohydrates: 24.78g (9.01%), Sugar: 7.14g (7.93%), Cholesterol: 26.85mg (8.95%), Sodium: 589.91mg (25.65%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6g (11.99%), Vitamin A: 5508.53IU (110.17%), Vitamin C: 28.63mg (34.71%), Phosphorus: 207.38mg (20.74%), Fiber: 4.72g (18.88%), Manganese: 0.33mg (16.34%), Vitamin B6: 0.31mg (15.66%), Calcium: 144.17mg (14.42%), Potassium: 455.43mg (13.01%), Magnesium: 51.48mg (12.87%), Vitamin K: 10.65µg (10.14%), Vitamin B2: 0.17mg (9.98%), Copper: 0.17mg (8.59%), Vitamin B3: 1.68mg (8.4%), Vitamin B1: 0.11mg (7.6%), Selenium: 4.94µg (7.05%), Vitamin E: 1.04mg (6.92%), Zinc: 1.02mg (6.83%), Vitamin B5: 0.64mg (6.37%), Iron: 1.1mg (6.11%), Folate: 17.63µg (4.41%), Vitamin B12: 0.19µg (3.09%), Vitamin D: 0.17µg (1.12%)