



*cara price*

# SEAFOOD ENCHILADAS

## DIRECTIONS

Preheat oven to 350.

Wrap your tortillas in foil or an oven-safe tortilla warmer & heat in the oven for 10 minutes. While the tortillas are heating, dice veggies and cut fish & shrimp into small bite-size pieces. Combine salt, oregano, pepper & cumin. Sprinkle over seafood & set aside.

Heat avocado oil over medium-high in a large, flat-bottomed skillet. Add in red bell pepper, onion & jalapeno & sauté until it is golden brown. Using a slotted spoon, remove veggies from skillet & set aside, reserving any oil left in the pan.

Add butter to the skillet & melt fully, then add in fish & shrimp. Stir quickly but carefully, only cooking for about 3 minutes. Remove the seafood from the heat & stir the sauteed veggies back into the skillet.

Lightly spray the bottom of a 9x13 baking dish with spray oil. Fill the tortillas by equally dividing the mixture, rolling the tortillas tightly & placing them in the baking dish.

Bake uncovered 10-15 minutes, to desired crispiness of tortillas. Then pour sauce over enchiladas & sprinkle with cheese if using. Bake another 5 minutes, then broil on high 2-4 minutes to brown the top. Allow enchiladas to rest at room temperature 5-10 minutes. Garnish with fresh cilantro & serve.

## INGREDIENTS

- 1 pound cod
- ½ pound large shrimp
- 1 red bell pepper, diced
- 1 jalapeno, diced
- ½ yellow onion, diced
- 16 ounces mild green salsa
- 1 cup non-dairy yogurt
- 1 tablespoon apple cider vinegar
- 2 tablespoons avocado oil
- 2 tablespoons butter
- 1 teaspoon salt
- 1 teaspoon dried oregano
- ½ teaspoon pepper
- ½ teaspoon cumin
- 4 ounces shredded organic whole milk or goat cheese (optional)
- 8 grain-free tortillas\*
- Handful chopped cilantro
- Spray avocado oil