In this recipe, we combine the flavors of red lentils and sweet potatoes to create a hearty and nutritious enchilada filling. Each component plays a role in enhancing the dish's taste and nutritional profile. The use of olive oil, spices, and herbs like cumin and chili powder adds depth to the sweetness of the sweet potatoes, creating a balanced and flavorful dish.

INGREDIENTS

- 1 small onion, diced
- 4 cloves garlic, minced
- 4 cups diced, cooked sweet potatoes/yams (about 2 medium, with skins)
- 3 cups cooked red lentils*
- 2 Tablespoons olive oil
- 1 teaspoon ground cumin
- 2 teaspoons chili powder
- 1/2 cup cilantro, chopped
- 1 14 oz. can diced or crushed tomatoes
- 1 Tablespoon maple syrup
- 1 teaspoon salt
- Up to 1/2 cup water as needed
- 1 dozen corn tortillas
- 1 cup grated cheddar or jack cheese
- 9x9 baking dish

DIRECTIONS

1. Heat olive oil in saucepan over medium heat. Add onions and garlic to hot oil, and sauté about 3 minutes, until soft.

2. Lower heat slightly, add spices, and sauté for another minute, then add tomatoes, cooked lentils, maple syrup, sweet potatoes and salt.

3. Mix well and add water if mixture seems dry. Let mixture cook thoroughly for about 5-7 minutes until well combined.

To Assemble:

1. Heat corn tortillas in oven, or in frying pan, so they are soft and pliable.

2. Fill each tortilla with approximately 1/3 cup filling, roll and place in baking dish. Repeat this process with each tortilla, lining them up in a row, close together in the pan.

3. Ladle enchilada sauce over the tortillas so they are mostly covered. Sprinkle with grated cheese.

4. Cover with foil, and bake in oven for approximately 15 minutes, until heated through and cheese is melted. Remove foil and bake another 5 minutes. Let rest before eating.

NOTES