

# Cottage cheese is key to enchilada recipe

South of the border cuisine, with its unique variety of ingredients and cooking methods is appealing, but equally appealing is its casual character, which fits so well into a relaxed West Coast lifestyle.

In Mexican cuisine, the

tortilla is the staple of life. It may be steamed, fried, baked, rolled, stuffed, folded or served flat and in any form becomes the basic ingredient which a meal may be built upon.

Enchiladas con Queso is a light, satisfying adaption of a country Mexican red

enchilada, which is traditionally filled with queso fresco, a white, crumbly, moist cheese, homemade on almost every small ranch in Mexico.

The main ingredient in Enchiladas con Queso is creamy, white small-curd

cottage cheese seasoned with green onions and ripe olives. Cottage cheese, in addition to being moist and flavorful, is an excellent source of complete body building protein with fewer calories than most common "diet" foods. Monterey Jack and green chilies are also added to the cheesy, or "queso" filling and rolled into each tortilla.

A tip for handling the tortillas is to spoon the heated enchilada sauce over the tortilla before filling to eliminate tearing in the hot sauce. Also, experiment with the different varieties of fresh chilies, depending on the degree of "heat" you like in your food.

The most popular are the Jalapenos, which vary from hot to very hot, and the Anaheim or California chilies, which are milder. Whenever using fresh chilies in such a dish, their skins should be charred

over a gas flame until they blister, then peeled under running water, and the seeds and veins removed.

Garnish the Enchiladas with sour cream, a dash of salsa for added spice, and whenever available, cilantro, also known as coriander, fresh from the market. The cilantro has a delightful, almost perfume flavor, that complements the subtle flavors of the enchiladas.

A perfect main course dish, Enchiladas con Queso is a calorie-controlled approach to Mexican cooking, with approximately 310 calories per serving. A green salad or a salad of thinly sliced onions and oranges with an oil and vinegar dressing complements the flavor and adds crunch to the texture of the meal, a June dairy month palate-pleaser.

Enchiladas Con Queso  
1½ cups small curd cottage cheese

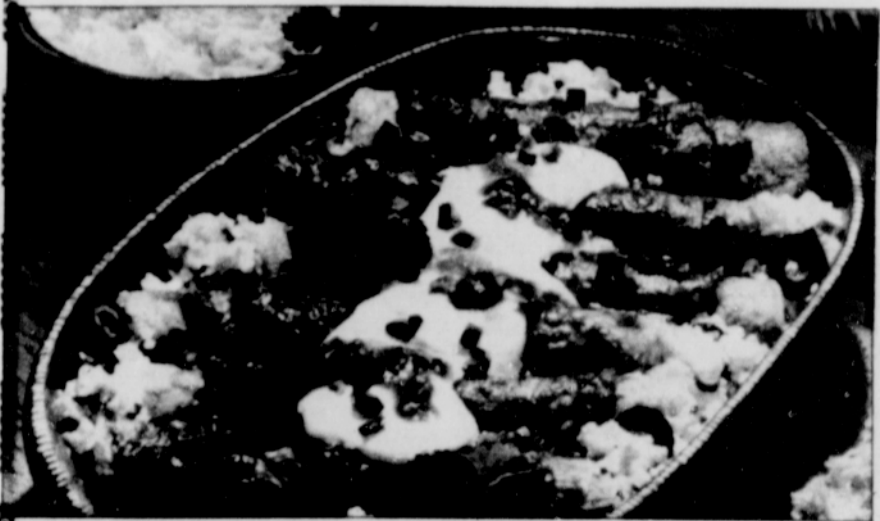
1½ cups shredded Monterey Jack cheese  
¼ cup each sliced green onions and sliced ripe olives

2 cans green chilies  
1 can (10 oz.) enchilada sauce

6 (7-inch) corn tortillas  
Sour cream and salsa (optional)

Combine cottage cheese with 1 cup Monterey Jack cheese, green onions and olives; mix well. Cut each green chili into 3 strips. Heat enchilada sauce in skillet; dip each tortilla in sauce, heating until soft and pliable. Place about one-third cup cheese mixture on each tortilla. Top with green chili strip and roll. Place seam side down in an 11 x 7 inch baking dish. Pour over remaining sauce, cover with foil. Bake at 375 degrees F. for 15 minutes, remove foil, top with remaining ½ cup

Monterey Jack cheese; return to over 5 minutes or until cheese melts. Garnish with sour cream and salsa, if desired. Makes 6 servings.



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