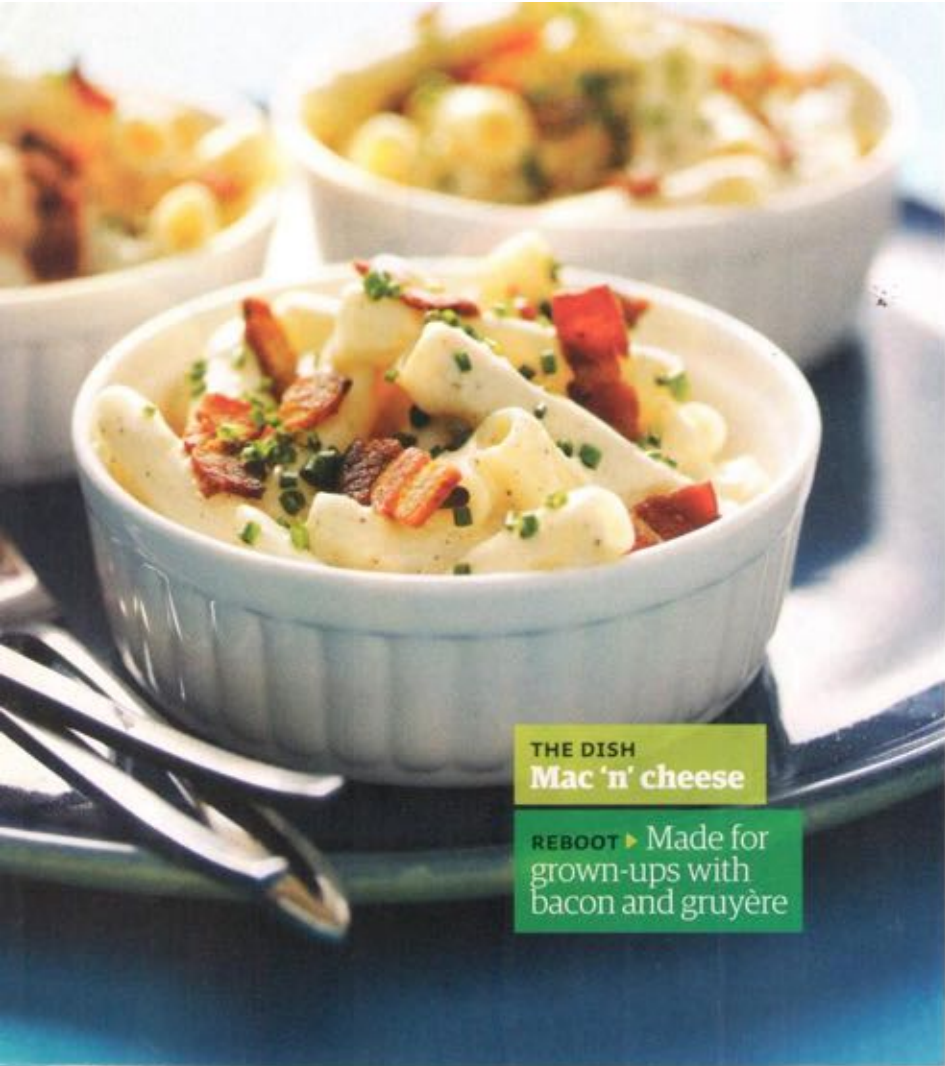




THE DISH
Mac 'n' cheese

REBOOT ▶ Made for grown-ups with bacon and gruyère

Vegetable enchiladas

SERVES 6 | 1 1/4 HOURS



SUGGESTED BY SUNSET FACEBOOK FAN
Judy Shellabarger Gosnell

Your typical vegetarian enchiladas are mostly cheese. That's not the case with this version, loaded with fresh spinach, corn, and two types of beans.

1 tbsp. vegetable oil
1/2 onion, chopped
3 qts. baby spinach
1 cup frozen corn
About 1 can (19 oz.) enchilada sauce
9 all-corn tortillas, quartered
1 cup refried beans
About 1 cup cooked rinsed black beans
1 cup plus 2 tbsp. shredded Monterey jack cheese
6 tbsp. chopped green onions

1. Preheat oven to 375°. Heat oil in a large frying pan over medium heat. Add onion and cook until translucent, about 4 minutes. Add spinach and cook, stirring as needed, until almost completely wilted. Add corn and cook until hot. Set aside.
2. Put 6 ovenproof baking dishes* (each about 12-oz. capacity) on a rimmed baking sheet. Working with one dish at a time, spoon in 2 tbsp. enchilada sauce. Top with 2 tortilla quarters, 2 rounded tbsp. each refried beans and black beans, 1 tbsp. cheese, and 2 more tortilla quarters, pushing tortillas down gently as you layer them over cheese and beans. Spoon in 1/3 cup (packed) vegetable mixture, then 2 more tortilla quarters, 3 tbsp. enchilada sauce, and 2 tbsp. cheese. Repeat layering with remaining dishes.

3. Bake enchiladas until bubbling, cheese is melted, and tortillas are starting to brown on edges, about 30 minutes. Sprinkle with green onions.

**Or use a 9- by 13-in. baking dish, spreading one-third of sauce over bottom; top with one-third of tortillas, the beans, one-third of cheese, one-third of tortillas, the vegetable mixture, remaining tortillas, remaining sauce, and remaining cheese.*

PER 1 1/2-CUP SERVING 343 CAL., 27% (93 CAL.) FROM FAT; 15 G PROTEIN; 10 G FAT (4.5 G SAT.); 48 G CARBO (11 G FIBER); 1,271 MG SODIUM; 19 MG CHOL.

Grown-up mac 'n' cheese

SERVES 6 | 30 MINUTES



SUGGESTED BY SUNSET FACEBOOK FAN
Roxanne Lewis (and others)

You can use any shape of pasta you like, but ziti tubes are best at holding the molten cheese sauce.

12 oz. ziti pasta
4 oz. thick-cut bacon, cut into 1/2-in. pieces
2 tbsp. flour
2 cups milk
4 oz. gruyère cheese, coarsely shredded
4 oz. Italian fontina cheese, coarsely shredded
2 oz. freshly shredded parmesan cheese
1 tbsp. chopped chives

1. Cook pasta according to the package directions.
2. Fry bacon meanwhile in a medium saucepan over medium heat until brown and crisp, about 10 minutes. Transfer to paper towels to drain.
3. Pour off all but 1 tbsp. fat from pan. Add flour and whisk over medium heat. Pour in milk 1/4 cup at a time, whisking well after each addition (it will be very thick at first) until incorporated and smooth. Add cheeses in 3 batches, whisking continually and making sure each batch is mostly melted before adding the next.
4. Drain pasta, then stir into cheese sauce (it will thicken upon standing). Divide pasta among individual ramekins or bowls and top with bacon and chives.

PER 1-CUP SERVING 511 CAL., 40% (206 CAL.) FROM FAT; 27 G PROTEIN; 23 G FAT (12 G SAT.); 49 G CARBO (1.9 G FIBER); 569 MG SODIUM; 67 MG CHOL. >86