

## Vegan Enchiladas with an Almond Garlic Cream Sauce

40 mins

*\*You might simply eat these with your homemade Guacamole!*

6 small corn tortillas OR fresh chapati!

2 c butternut squash, cubed

1 tsp curry powder

salt and pepper

2 T ghee

Sauce:

2 cloves garlic

1 c peeled almonds

salt and pepper

water

Carefully peel and cube your butternut squash. Prepare a pot with a lid with 3" of water. Add the squash, and steam it for 10 minutes or until tender. Make your sauce while this is steaming: In a blender add all of the ingredients - start with just 2 T of water, and add more bit by bit for desired consistency.

Drain the squash when cooked through, and mash gently with a fork or masher, adding curry powder, salt and pepper, and ghee. Ready your chapati, or warm your corn tortillas in a pan with a little bit of ghee. Set aside. To serve, spoon 1 T of cream sauce on the tortilla, followed by a heaping tablespoon of the filling. Roll up in the tortilla. Do the same for 1 or two more for each person. Place another spoonful of cream sauce on top, and serve! *\*You may also use any leftover pesto sauce for a different twist!*

*\*Tomatoes are sometimes considered tri-doshically imbalancing, and inflammatory, so we are using an alternative sauce choices.*

## Guacamole

10 mins

2 ripe avocados

salt and pepper

1 T lemon juice or lime juice

1 clove garlic chopped finely

1 T olive oil or warmed ghee

1 T chopped basil or another fresh herb like cilantro or parsley

Chop the garlic and mash all the ingredients together well. Serve with your vegan enchiladas or on a slice of fresh bread.

*\* Note: Food combining says that fresh fruits should not be combined with any other ingredients.*

Avocados are considered to be fruits. The garlic, salt, lemon and black pepper all stimulate digestion, though be aware of how you digest this dish, when combining with other recipes. Avocados are generally heavy, nourishing and oily, and are very good for Vata if your digestive fire (agni) is strong enough.