

## INGREDIENTS

- 1 ½ lb local Tomatoes
- 2 cloves Garlic, small
- 1 tbsp Olive Oil
- ½ White Onion
- Salt, to taste
- 12 corn tortillas
- 8 oz Queso Fresco or Farmer Cheese
- 1 bundle of Cilantro
- 3 slices Avocado

## DIRECTIONS

1. Wash produce. Mince ½ of onion and reserve.
2. Place the other ½ onion with tomatoes and garlic cloves in a saucepan and cover with water. Cook over medium heat for 15-20 minutes or until soft.
3. Crumble cheese and set aside.
4. Once veggies are cooked, place in blender and some of cooking water and process until you have a very smooth sauce. Add more cooking water if sauce is too thick.
5. Heat 1 tbsp of olive oil in a skillet over medium-high heat. Add the rest of the onion and cook until transparent and slightly browned, about 5 minutes.
6. Add tomato sauce and cook for 2 minutes. Season with salt and then reduce to low heat and simmer for 6-8 minutes.
7. Warm up tortillas in a separate skillet. Dip warm tortillas into warm tomato sauce. Make sure to flip the tortilla to cover both sides with the tomato sauce.
8. Place tortilla on a plate and spoon some cheese inside. Fold tortilla and repeat with the rest. Once you have all your entomatadas ready, spoon some of the leftover sauce on top and add cheese. Serve with avocado slices and refried beans.

Developed by Sport Nutrition Alum Renata Altamirano-Garcia



## Colorado Entomatadas

*Gluten Free | High Protein | Vegetarian | Vegan*

Yield:  
2-3 Servings

Prep Time:  
15 Min

Cook Time:  
30 Min