



Silky Sweet Peachy Dessert "Enchiladas" + Sweet "Enchilada" Sauce + Creamy Peachy Smoothie

By Dylan Sabuco

Prep Time 17 / **Cook Time** 15 / **Serves** 4 - 6

Shopping List

- FRESH OR FROZEN
- 6 fresh peaches OR 2 2/3 C frozen sliced peaches
- DAIRY
- 2 T butter **** (see allergy subs below) ****
- 1 C plain whole-milk yogurt **** (see allergy subs below) ****
- PANTRY
- 1/3 C + 2 T granulated or brown sugar
- 12 small flour tortillas **** (see allergy subs below) ****
- 1 8-oz can sweetened condensed milk **** (see allergy subs below) ****
- 1 tsp ground cinnamon
- 1/4 tsp pure vanilla extract **** (see allergy subs below) ****
- HAVE ON HAND
- 1 C water

Fun-Da-Mentals Kitchen Skills

bake: to cook food with dry heat, as in an oven.

chop: to cut something into small, rough pieces using a blade.

knife skills: Bear Claw (growl), Pinch, Plank, and Bridge (look out for trolls).

measure: to calculate the specific amount of an ingredient required using a measuring tool (like measuring cups or spoons).

pour: to cause liquid, granules, or powder to stream from one container into another.

roll: to use a rolling pin to flatten dough; use your hands to form a roll or ball shape; or move a round food, like a grape or a meatball, through another food, like sugar or breadcrumbs, to coat it.

stir: to mix together two or more ingredients with a spoon or spatula, usually in a circle pattern, or figure eight, or in whatever direction you like!

blend: to stir together two or more ingredients until just combined; blending is a gentler process than mixing.

measure: to calculate the specific amount of an ingredient required using a measuring tool (like measuring cups or spoons).

Equipment

- Oven
- Baking dish (9 x 13)
- Medium mixing bowl
- Cutting board
- Kid-safe knife
- Measuring cups
- Measuring spoons
- Wooden spoon
- Small mixing bowl
- Can opener
- Whisk
- Blender (or pitcher + immersion blender)
- Dry measuring cups
- Liquid measuring cup

Ingredients

Silky Sweet Peachy Dessert "Enchiladas" with Sweet Cream Dessert "Enchilada" Sauce

- 4 fresh peaches OR 2 C frozen sliced peaches
- 2 T butter ******(for DAIRY ALLERGY sub dairy-free/nut-free butter, like Earth Balance brand)******
- 2 T granulated or brown sugar
- 12 small flour tortillas ******(for GLUTEN ALLERGY sub corn tortillas)******
- 1 8-oz can sweetened condensed milk ******(for DAIRY ALLERGY sub 1/2 C water + 1/2 C brown sugar, simmered for 5 minutes over medium-high heat)******
- 1 tsp ground cinnamon
- 1/4 tsp pure vanilla extract ******(for GLUTEN ALLERGY use certified gluten-free pure vanilla extract, not imitation vanilla flavor—check label)******

Dreamy Creamy Peachy Smoothie

- 2 fresh peaches, pitted, OR 2/3 C frozen sliced peaches
- 1 C plain whole-milk yogurt ******(for DAIRY ALLERGY sub dairy-free/nut-free plain yogurt)******
- 1 C water
- 1/3 C granulated sugar

Food Allergen Substitutions

Silky Sweet Peachy Dessert "Enchiladas" with Sweet Cream Dessert "Enchilada" Sauce

Gluten/Wheat: Substitute corn tortillas for flour tortillas. Use certified gluten-free pure vanilla extract, not imitation vanilla flavor.

Dairy: Substitute dairy-free/nut-free butter, like Earth Balance brand. For 1 8-oz can sweetened condensed milk, substitute 1/2 C water + 1/2 C brown sugar, simmered for 5 minutes over medium-high heat.

Dreamy Creamy Peachy Smoothie

Dairy: Substitute dairy-free/nut-free plain yogurt.

Instructions

Silky Sweet Peachy Dessert "Enchiladas" with Sweet Cream Dessert "Enchilada" Sauce

intro

"Hola!" Enchiladas are a Mexican dish that has roots back to the Aztecs. Traditionally, enchiladas are prepared by rolling tortillas around meat and vegetables, smothering them in sauce, and baking them.

Instead of using meat and vegetables in our enchiladas, we're making sweet dessert enchiladas. Peaches and cinnamon will fill your tortillas, and sweetened condensed milk will be the base of the sweetened "enchilada" sauce. The juicy peaches will combine perfectly with the caramelized sauce.

chop

If using fresh peaches, carefully slice **4 peaches** in half around the seed. Then, remove the seeds from the peaches by slicing along the seed lengthwise and wiggling them out with your fingers. If you are using **2 cups of frozen, sliced peaches**, skip the above step. Chop the peaches into a large dice and place them in a medium bowl.

preheat

Preheat your oven to 350 F. Then, grease a 9 x13 baking dish with **2 tablespoons of butter**.

toss + roll

Sprinkle **2 tablespoons of sugar** into the bowl of peaches. Toss to combine. The acidity of the peaches will make the sugar start to melt and coat the peaches. Lay out **12 tortillas**. Fill each with roughly **2 tablespoons of the chopped peaches**. Roll the tortillas to seal in the peaches. Then, place the enchiladas into the baking dish with the seam side down. Make sure to pack them together tightly. We'll make the "enchilada" sauce next before baking.

measure + whisk

Pour **1 can of sweetened condensed milk** into a small bowl. Then, measure and pour in **1 teaspoon cinnamon** and **1/4 teaspoon vanilla extract**. Whisk the mixture until combined.

drizzle + bake

Drizzle the Sweet Cream Dessert Enchanting "Enchilada" Sauce all over the enchiladas. You can use a brush to spread the sauce around, but this is not essential. The sweetened condensed milk in the sauce will caramelize as you cook the enchiladas. Bake in the oven for 15 minutes or until golden brown. Eat! Enjoy! "Adios" or "Goodbye" in Spanish!

Dreamy Creamy Peachy Smoothie

measure + pour

Start by chopping **2 fresh peaches** or measuring **2/3 cup of frozen, sliced peaches** and placing them in the bottom of your blender (or pitcher for use with an immersion blender). Then, have the kids measure and pour in **1 cup plain yogurt**, **1 cup water**, and **1/3 cup sugar**.

blend + enjoy

Blend until extra smooth and creamy. Let's practice our Spanish counting while blending: 1 uno (OOnoh), 2 dos (dohs), 3 tres (trehs), 4 cuatro (KWAHtroh), 5 cinco (SEENkoh), 6 seis (SAYees), 7 siete (seeEHtay), 8 ocho (OHchoh), 9 nueve (NUehvay), 10 diez (DEEehs). This juicy smoothie is the perfect way to wash down

Silky Sweet Peachy Dessert Enchiladas.

Featured Ingredient: Peach!

Hi! I'm Peach!

"Did you know I'm related to almonds, apricots, cherries, and plums? We're all part of the Rose family! You may know my cousin, Nectarine, who has smooth skin compared to my fuzzy skin. We're both juicy and delicious summer fruits that are wonderful to eat whole or sliced and added to fruit salads and ice cream!

History & Etymology

Archeological evidence points to the peach's domestication in China as early as 6000 BCE.

In China, peaches are considered a symbol of good luck, protection, longevity, and friendship and are found in many Chinese paintings, poetry, and on porcelain as far back as 551 BCE.

China is the biggest producer of peaches worldwide, and Italy is the second largest.

Columbus brought several peach trees to America on his second and third voyages.

Spanish monks established the first peach orchard in Florida in the mid-1500s.

Georgia, also known as the Peach State, has many peach orchards, although California produces about 50 percent of all peaches in the USA.

Georgia claims it makes the "world's largest peach cobbler" at the annual Georgia Peach Festival. It measures 11 feet by 5 feet and uses 75 gallons of Georgia peaches.

The Guinness World Record for the largest fruit cobbler is a 2,251-pound peach cobbler made by Hampton Inn of Ruston, Louisiana, for the Louisiana Peach Festival in 2015. It used 819 gallons of peaches!

The peach is the official state fruit of both Georgia and South Carolina.

The word "peach" comes from late Middle English, from the Old French "pesche," from the medieval Latin "persica," from the Latin "persicum." These European derivations came from the belief that peaches originated in Persia (modern-day Iran). In fact, the scientific name for peach, "Prunus persica," means "Persian plum."

Anatomy

The peach is a member of the Rosaceae family and a close relative of almonds.

Peaches are stone fruit related to apricots, cherries, and plums. They have soft, fuzzy, pinkish-yellow skin, and their flesh can vary from almost white-yellow to almost red. Each peach has a pointed, furrowed, egg-shaped seed in the middle, which either comes away easily (freestone) or is difficult to remove (clingstone).

A nectarine is a variety of peach that has smooth skin. Its skin is usually redder, and its flesh can be either white or yellow.

How to Pick, Buy, & Eat

It is an ideal snack between meals—eating a peach can give you the feeling of being full, so you will eat less, which is great for losing weight. An average peach contains about 35 to 50 calories and an insignificant amount of fat.

Peaches are best from June to the end of August.

A ripe peach will smell sweet and have a slight give when pressed, but squeeze very gently since the fruit bruises easily. It should be dark yellow with no green and have a round shape.

If a peach is not ripe when bought from the store, it will ripen at home if you leave it on a counter at room temperature. Refrigerate peaches to slow their ripening.

Peaches are a great snack fruit to eat whole, but you can also add sliced or cubed fresh peaches to hot or cold cereal, fruit salads, cakes, pies, cobblers, and ice cream. You might even try cutting them in half and grilling them.

Nutrition

Peaches are a moderate source of vitamin C, which helps your body heal and boosts immunity against disease. They also provide small quantities of vitamin E, niacin, potassium, and other vitamins and minerals.

Potassium helps maintain proper fluid levels inside cells, which helps maintain blood pressure. It also aids proper muscle function.

Yellow-fleshed peaches also supply some beta-carotene that converts to vitamin A in the body, which is good for eye health.

The dietary fiber in peaches aids digestion, and antioxidants help to protect cells by preventing oxidation.