

WHOLE FOODIE CHALLENGE – OH SHE GLOWS REVIEW LIST

RECIPE: Black Bean Sweet Potato Enchiladas

| CATEGORY | SCORE/COMMENTS |
|---|--|
| Ingredients | SCORE: 4/5 |
| <i>How easy were the ingredients to find? Did I have on hand already?</i> | All but the sprouted grain tortillas you could easily pick up from any grocery store |
| <i>Are ingredients transferable to other recipes?</i> | |
| <i>Were the ingredients easy to cook and prepare?</i> | |
| Preparation | |
| <i>How easy was the recipe to follow and prepare ingredients?</i> | Preparation was fairly straightforward, the enchilada sauce should be prepared in advance to help with timing – I also wish the recipe for the sauce provided enough for the enchiladas (you have to double) |
| <i>Were there steps missing, or not well explained?</i> | |
| Cost | SCORE: 5/5 |
| <i>Was the item fair in price?</i> | Good lower cost meal for a big group |
| <i>Were there ingredients that could have been swapped for cheaper ingredients?</i> | |
| Time | |
| <i>Did it take the amount of time indicated?</i> | Yes, relatively low amount of time to prepare and to bake |
| <i>Was it time consuming?</i> | |
| <i>Did it take only one day to prepare?</i> | |
| Appearance | SCORE: 3/5 |
| <i>Did the end product look appealing?</i> | Looked really nice in the tray but impossible to serve as one, the tortillas were easy to crack which made it difficult |
| <i>Did it have a good smell?</i> | |
| Taste/Flavor | SCORE: 5/5 |
| <i>How did finished recipe taste?</i> | Really great taste, especially knowing that we halved the amount of spice. The whole group loved it! |
| <i>Did flavors require modifying?</i> | |
| <i>Was there a secondary person to take a taste test? ;)</i> | |
| Texture | SCORE: 5/5 |
| <i>Was there a good amount of texture in the meal?</i> | Great texture |
| <i>Were their competing elements that distract from the recipe?</i> | |
| Satiety Level | SCORE: 5/5 |
| <i>Did I feel fulfilled at the end of the meal?</i> | Very filling, and is great with the avocado sauce to add more fat |
| <i>How long was it after eating the recipe until I had to eat again?</i> | |
| Nutrition | SCORE: 5/5 |
| <i>How much of the daily recommendations of protein/fat/carbohydrates were in the meal?</i> | Seems to be a good balance of fats/carbs/proteins, with 454 cal per serving which is very good for a dinner meal |
| <i>Were there any high allergens in the meal?</i> | |
| <i>Any ingredients that could be omitted?</i> | |
| Longevity | SCORE: 3.5/5 |
| <i>Could this item be made into a leftover?</i> | Yes I could see it freezing, also keeps well in the fridge (I would bake again to avoid it going soggy) |
| <i>If so, how does it taste the next day, the day after?</i> | |
| <i>Are there certain instructions that need following</i> | |

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(ie. keep in freezer?)

OVERALL SCORE:

43.5/50

