**Veggie Enchiladas**

These enchiladas are packed full of healthy vitamins and minerals including vitamins A and C, calcium and iron.

**Directions**

1. Preheat oven to 400 degrees.
2. In medium saucepan, heat oil over medium.
3. Add flour and chili powder and heat stirring constantly until mixture begins to darken, about 1-2 minutes.
4. Add broth, tomato sauce and spices and simmer mixture stirring frequently for about 8 minutes. Remove from heat.
5. In a large bowl combine beans, spinach, corn, scallion whites, and 1 teaspoon cumin; season with salt and pepper.
6. Stack tortillas, and wrap in damp paper towels; microwave on high for 1 minute. Or stack and wrap in aluminum foil, and heat in oven for 5-10 minutes.
7. Top each tortilla with a heaping \( \frac{1}{3} \) cup of filling; roll up tightly and arrange, seam side down, in a large casserole dish.
8. Repeat with remaining tortillas.
9. Spoon sauce over enchiladas and top with cheese.
10. Bake, uncovered, until hot and bubbly, 15-20 minutes.
11. Cool 5 minutes; serve garnished with scallion greens.

**Ingredients**

**Sauce**
- 2 Tablespoons olive oil
- 1 Tablespoon flour
- 1 Tablespoon chili powder
- 1 15-ounce can tomato sauce
- 1 cup broth
- 1 teaspoon cumin
- 1 teaspoon garlic powder

**Enchiladas**
- 1 can (15 ounces) black beans, rinsed and drained
- 1 box (10 ounces) frozen chopped spinach, thawed and squeezed dry
- 1 box (10 ounces) frozen corn kernels, thawed
- 6 scallions, thinly sliced, white and green parts separated
- 1 teaspoon cumin
- salt and pepper to taste
- 16 corn tortillas (6-inch)
- 1 cup grated cheddar cheese

**Nutrition Facts**

<table>
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<tr>
<th></th>
<th>Amount Per Serving</th>
<th>Calories from Fat 90</th>
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<tbody>
<tr>
<td>Calories</td>
<td>340</td>
<td>% Daily Value*</td>
</tr>
<tr>
<td>Total Fat</td>
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<td>15%</td>
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<tr>
<td>Saturated Fat</td>
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<td>Trans Fat</td>
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<td></td>
</tr>
<tr>
<td>Protein</td>
<td>15g</td>
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</tbody>
</table>

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Please note: nutritional values are approximate.