Veggie Enchiladas

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

**Serves 8**

### Ingredients

**Sauce**
- 2 tablespoons olive oil
- 1 tablespoon flour
- 1 tablespoon chili powder
- 1 15-ounce can tomato sauce
- 1 cup broth (chicken or vegetable)
- 1 teaspoon cumin
- 1 teaspoon garlic powder

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

### Directions

1. Preheat oven to 400 degrees.
2. In medium saucepan, heat oil over medium heat.
3. Add flour and chili powder and cook 1-2 minutes, stirring constantly.
4. Add tomato sauce, broth, cumin, and garlic powder.
5. Simmer mixture, stirring frequently, for about 8 minutes. Remove from heat.
6. In a large bowl, combine beans, spinach, corn, scallion whites, and cumin; season with salt and pepper.
7. 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.
8. Top each tortilla with a heaping ½ cup of filling; roll up tightly and arrange, seam side down, in a large casserole dish. 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.

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**Nutrition Facts**

Serving Size 2 Enchiladas
Servings Per Recipe 8

<table>
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<th>Amount Per Serving</th>
<th>Calories 340</th>
<th>Calories from Fat 90</th>
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<tbody>
<tr>
<td></td>
<td>% Daily Value*</td>
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</tr>
<tr>
<td>Total Fat</td>
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<td>15%</td>
</tr>
<tr>
<td>Saturated Fat</td>
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<td>20%</td>
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<tr>
<td>Trans Fat</td>
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<tr>
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<tr>
<td>Sodium</td>
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<tr>
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<tr>
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*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

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<th>Total Carbohydrate (g)</th>
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<td>25g</td>
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<td>6g</td>
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Please note: nutritional values are approximate.

Visit our website for more great recipes and program information: [http://lpi.oregonstate.edu/healthyyouth](http://lpi.oregonstate.edu/healthyyouth)