

Veggie Enchiladas

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

Serves 8



Nutrition Facts

Serving Size 2 Enchiladas
Servings Per Recipe 8

Amount Per Serving

Calories 340 **Calories from Fat** 90

% Daily Value*

Total Fat 10g **15%**

Saturated Fat 4g **20%**

Trans Fat 0g

Cholesterol 15mg **5%**

Sodium 440mg **18%**

Total Carbohydrate 51g **17%**

Dietary Fiber 11g **44%**

Sugars 3g

Protein 15g

Vitamin A 100% • Vitamin C 15%

Calcium 30% • Iron 20%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories: 2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Please note: nutritional values are approximate.

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 $\frac{1}{3}$ 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.

