

Easy Cheesy Enchiladas

Yield: 8 servings

Ingredients

- 2 cans (15 ounces each) pinto beans, drained and rinsed
- 1 cup salsa
- 1½ cups corn (fresh or frozen, or a 15-ounce can, drained and rinsed)
- ½ cup chopped mild green chiles (4-ounce can)
- ½ teaspoon garlic powder or 2 cloves garlic, finely chopped
- 1½ cups shredded cheese
- 8 whole wheat flour tortillas (10-inches) or 12 corn tortillas (6-inches)
- 1 can (15 ounces) enchilada sauce



Directions

1. Wash hands with soap and water.
2. Preheat oven to 350 degrees. Lightly oil or spray a 9 x 13-inch baking dish.
3. Mix beans, salsa, corn, chiles, garlic and half of the cheese together in a bowl.
4. Warm each tortilla in a dry skillet and stack them on a plate.
5. Spoon about 1/2 cup of the bean mixture onto each tortilla.
6. Roll the tortilla and place seam-side down in the baking dish.
7. Pour enchilada sauce over the tortillas and sprinkle with remaining cheese.
8. Bake for 15-20 minutes, or until hot.
9. Refrigerate leftovers within 2 hours.

Notes

- Substitute black beans or kidney beans for the pinto beans.
- Cook your own dry beans. One can (15 ounces) is about 1½ to 1¾ cups drained beans.
- Try substituting canned pork, cooked chicken or turkey for beans.
- Topping ideas: hot sauce, avocado, black olives, green onion, lettuce, radishes, or low-fat plain yogurt or sour cream.

Source: Food Hero, Oregon State University

Nutrition Facts	
8 servings per container	
Serving size 1 enchilada (57g)	
Amount per serving	
Calories	70
	% Daily Value*
Total Fat 2g	3%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 240mg	10%
Total Carbohydrate 10g	4%
Dietary Fiber 0g	0%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 31mg	2%
Iron 0mg	0%
Potassium 53mg	2%
<small>*The % Daily Value lets you know how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

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