

Enchilada Bake

Makes: 8 servings

Black beans mixed with cumin, onion, and garlic make the base for these vegetable enchiladas. Bake them in the oven and top them with cheese for a satisfying meal.

Ingredients

- 1 **tablespoon** oil
- 1 onion (large, chopped)
- 3 garlic (cloves, minced)
- 2 **cups** black beans (cooked see recipe)
- 1/2 **can** kernel corn (15.2 ounces, drained and rinsed)
- 1 **teaspoon** cumin
- 2 **cups** prepared salsa (divided)
- 8 corn tortillas
- 1/2 **cup** Monterey Jack cheese (shredded)

Directions

1. In a large skillet heat oil over medium-high heat; sauté onion and garlic 2-3 minutes.
2. Add beans, corn, cumin and 1/2 cup salsa. Cook 3-4 minutes, coarsely mashing beans with back of spoon.
3. Spoon 1/3 cup filling onto each tortilla; roll up.
4. Spoon 1/2 cup salsa into 11 x 7 x 2-inch baking dish. Arrange tortillas seam side down; top with remaining 1 cup sauce.
5. Cover and bake in 350° degree oven for 15 to 20 minutes.

Nutrition Information

Nutrients	Amount
Calories	200
Total Fat	5 g
Saturated Fat	1 g
Cholesterol	5 mg
Sodium	520 mg
Total Carbohydrate	1 g
Dietary Fiber	5 g
Total Sugars	5 g
Added Sugars included	N/A
Protein	9 g
Vitamin D	N/A
Calcium	N/A
Iron	N/A
Potassium	N/A

N/A - data is not available

6. Uncover; top with cheese. Bake 2 minutes longer or until cheese is melted.

Washington State WIC Program, The Bold and Beautiful Book of Bean Recipes