



# Bean & Veggie Enchiladas

By Dena McDowell, MS, RD

Servings: 5

Ingredients	Nutrient value per serving: 2 tortillas, each with 1/8 c. pepper/onion blend and 2 oz. refried beans per person
<p>1 T. vegetable oil            1 med. red pepper, thinly sliced            1 med. green pepper, thinly sliced            1 med. yellow pepper, thinly sliced            1 med. yellow onion, thinly sliced            ½ t. ground cumin            ½ t. chili powder            1 (4-oz.) can green chilies, minced (spice preference of your choice)            1 (10-oz.) can fat-free refried beans            cooking spray            1 (10-oz.) can green enchilada sauce 10 6-in. corn tortillas</p>	<p>Exchanges ..... 2 starch            ..... 2 vegetable            ..... 1 protein            ..... 1fat            Calories.....231            Calories from Fat .....37            Total Fat.....4 g            Saturated Fat.....1 g            Cholesterol.....0 mg            Sodium.....567 mg            Carbohydrate .....29 g            Fiber.....8 g            Sugar .....3 g            Protein .....7 g</p>
Instructions	Notes
<ol style="list-style-type: none"> <li>Heat oven to 350 degrees Fahrenheit.</li> <li>Sauté peppers and onions in oil on medium to low heat until tender.</li> <li>Add the combined cumin and chili powder spices to pepper mix.</li> <li>In a bowl, mix green chilies and refried beans together.</li> <li>If using a glass pan (9 x 13 in.), lightly coat with cooking spray. Pour a quarter of the can of enchilada sauce in the pan. Spread evenly to coat bottom of the pan.</li> <li>Take a corn tortilla and spread 1 oz. of bean mix evenly down the center of it. Add a spoonful of pepper mix on top of the bean mix. Roll and place in pan.</li> <li>Repeat for the other 9 tortillas. Top with remaining enchilada sauce.</li> <li>Cover and bake for 20 min.</li> </ol>	<p>Prep time: 1½ hour            Cook time: 20 min.</p> <p>Note: All exchange values are approximate. When an optional or additional ingredient is offered, exchange values may change. For simplicity's sake, count other carbohydrates (other carbs) as starches.</p> <p>If you have dietary restrictions, always check the ingredients list on packaged foods to make sure they do not contain wheat or animal products.</p> <p><i>GLUTEN-FREE recipes are prepared without any wheat, barley, rye or triticale. VEGAN recipes are prepared without any animal products including fats, milk or eggs. Check the label on each ingredient to make sure the brand you are using does not contain these items in any form For simplicity's sake; count other carbohydrates as starches.</i></p>