Vegetable and Black Bean Enchiladas

By Katie Ferraro, MPH, RD, CDE **Servings: 6 (2 enchiladas)**

Ingredients	Nutrient value per serving
cooking spray 1 12-oz. bag frozen corn, defrosted 1 15-oz. can reduced-sodium black beans, drained and rinsed 1 14½-oz. can diced tomatoes, drained 1 med. zucchini, diced into ½-in. cubes 1 4½-oz. can chopped green chilies 1½ c. shredded, reduced-fat Mexican four cheese blend 12 corn tortillas, 6-in. across 1 c. enchilada sauce	Exchanges .....3 starch ..... 1 vegetable ..... 2 protein Calories.....320 Calories from Fat.....45 Total Fat.....5 g Saturated Fat .....1 g Cholesterol.....10 mg Sodium.....160 mg Carbohydrate .....54 g Fiber.....11 g Sugar ..... 6 g Protein.....17 g

Instructions	Notes
1. Preheat oven to 400°F. Pour ½ c. of the enchilada sauce over bottom of two 8-in. square baking pans. 2. In a large bowl, combine corn, black beans, tomatoes, zucchini, chilies and 1 c. cheese. 3. Wrap 6 tortillas in a damp paper towel and microwave for 30 sec. Divide half of the filling among tortillas, wrap tightly and place seam-side down in baking dish. Repeat with the other 6 tortillas in the second baking dish. 4. Pour remaining ½ c. of enchilada sauce over enchiladas. Sprinkle the remaining cheese on top and bake, uncovered, for 30 min. Let cool for 5 min. before serving.	Prep and cook time: 45 min. These deliciously hearty, gluten-free vegetable and black bean enchiladas will satisfy your craving for Mexican food, with far fewer calories and fat than traditional fare. Serve with a dollop of Greek yogurt in place of sour cream for an extra boost of protein. *VEGETARIAN recipes are prepared without any meat, poultry or seafood. Check the label on each ingredient to make sure the brand you are using does not contain these items.* *GLUTEN-FREE recipes are prepared without any wheat, barley, rye or triticale. Check the label on each ingredient to make sure the brand you are using does not contain these grains in any form (flour, bread stuffing, bran germ, malt, starch, etc.).*