## RECIPE

# Easy Cheesy Enchiladas

A versatile and tasty dish that comes together for a healthy dinner in just 30 minutes!

#### Makes: 8 Servings

Prep Time: 10 minutes Cook Time: 20 minutes

#### Source: Food Hero

#### Ingredients

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

#### **Directions**

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



# Small Changes, BIG Difference!



### Nutrition Information

Serving Size: 1 enchilada	
Nutrients	Amount
Calories:	210
Total Fat:	<u>6 g</u>
Saturated Fat:	<u>2.5 g</u>
Cholesterol:	<u>15 mg</u>
Sodium:	<u>580 mg</u>
Total Carbohydrates:	<u>30 g</u>
Dietary Fiber:	<u>6 g</u>
Total Sugars:	<u>4 g</u>
Added Sugars:	<u>0 g</u>
Protein	9 g
Vitamin D	0 mcg
<u>Calcium</u>	<u>140 mg</u>
Iron	<u>2 mg</u>
Potassium	<u>305 mg</u>

#### **Utensils Needed**

- 9 x 13-inch baking dish Can opener
- Medium bowl
- Skillet
- Measuring cupsSharp knife
- SkilletMixing spoon
- Cutting board



### **SHOPPING LIST**

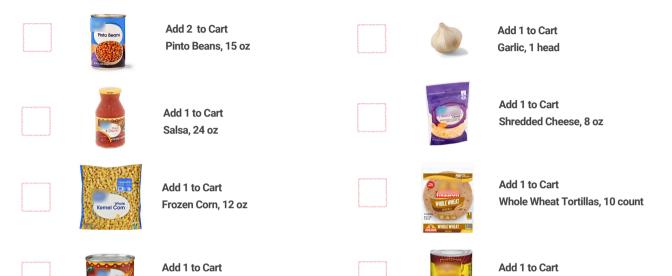
Average total cost of ingredients without oil and seasonings: \$10.08

Average cost/serving: \$1.40

Makes: 8 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.

#### Ingredients



# SAVE TIME, SAVE MONEY

### **Preparation Tips**

• Substitute black beans or kidney beans for the pinto beans.

Diced Green Chiles, 4 oz

- Cook your own dry beans. One can (15 ounces) is about 1 1/2 to 1 3/4 cups drained beans.
- Try substituting cooked chicken or turkey for beans.
- Topping ideas: hot sauce, avocado, black olives, green onion, lettuce, radishes, or low-fat plain yogurt.



### **My Cooking Notes**

Enchilada Sauce, 19 oz