

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 1/2 cups corn (fresh or frozen, or a 15-ounce can drained and rinsed)
- 1/2 cup chopped mild green chiles (4-ounce can)
- 1/2 teaspoon garlic powder or 2 cloves garlic, finely chopped
- 1 1/2 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: | 6 g |
| Saturated Fat: | 2.5 g |
| Cholesterol: | 15 mg |
| Sodium: | 580 mg |
| Total Carbohydrates: | 30 g |
| Dietary Fiber: | 6 g |
| Total Sugars: | 4 g |
| Added Sugars: | 0 g |
| Protein | 9 g |
| Vitamin D | 0 mcg |
| Calcium | 140 mg |
| Iron | 2 mg |
| Potassium | 305 mg |

Utensils Needed

- 9 x 13-inch baking dish
- Can opener
- Medium bowl
- Measuring cups
- Skillet
- Sharp knife
- Mixing 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



Add 2 to Cart
Pinto Beans, 15 oz



Add 1 to Cart
Garlic, 1 head



Add 1 to Cart
Salsa, 24 oz



Add 1 to Cart
Shredded Cheese, 8 oz



Add 1 to Cart
Frozen Corn, 12 oz



Add 1 to Cart
Whole Wheat Tortillas, 10 count



Add 1 to Cart
Diced Green Chiles, 4 oz



Add 1 to Cart
Enchilada Sauce, 19 oz

SAVE TIME, SAVE MONEY

Preparation Tips

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