



**BeFit**

Be Fit. Eat Healthy. It's your choice.

## **Be Fit Basics: Corn Zucchini Enchiladas**

Adapted from Cookinglight.com

1/2 tbsp olive oil or canola oil  
2 cups diced zucchini  
1 (10-ounce) package of frozen corn  
1 (15-ounce) can black beans, rinsed (look for low-sodium variety)  
3 cups enchilada sauce, divided (homemade recipe follows—or use premade)  
8 (8-inch) whole wheat tortillas  
1 1/2 cups shredded cheddar cheese, divided

### *Homemade enchilada sauce (optional)\**

1/2 tbsp olive or canola oil  
1/2 cup diced onion  
1 clove garlic, minced  
1/2 cup vegetable broth  
1 tbsp chili powder  
1 tbsp honey  
1 tsp ground cumin  
1/2 tsp salt  
1 (28-ounce) can crushed tomatoes

### **Instructions:**

**To make the enchilada sauce (optional):** In a large saucepan, heat 1/2 tbsp oil over medium heat. Add onion and garlic; sauté until onion is tender (about 5 minutes). Stir in remaining sauce ingredients; reduce heat and simmer until mixture thickens slightly (about 30 minutes).

**To make the enchiladas:** Set oven to 350 degrees. In a large skillet or sauté pan, heat 1/2 tbsp oil over medium heat. Add zucchini and corn and cook until vegetables are tender (about 5 minutes). Remove from heat and stir in beans.

In the bottom of a 13 x 9 casserole dish spread 1 cup enchilada sauce. Spoon about 1/2 cup of the zucchini mixture in the center of 1 tortilla and top with 2 tbsp cheese; roll up and place seam-side down in baking dish. Repeat with the rest of the tortillas.

Top tortillas with remaining enchilada sauce; cover with foil and bake for 30 minutes. Uncover and top with remaining cheese. Return to oven and bake uncovered until cheese melts (about 10 minutes).

### **\*Notes:**

-If not making homemade enchilada sauce, a premade version can be substituted. Nutrition information includes homemade enchilada sauce (calories are fairly comparable to premade brands).

-If making enchilada sauce from scratch, consider making it ahead for fast meal assembly.

**Yield:** 8 servings

### **👉 NUTRITION INFORMATION PER SERVING:**

**CALORIES:** 350 calories

**PROTEIN:** 16 g

**SODIUM:** 700 mg

**CARBOHYDRATE:** 45 g

**FIBER:** 10 g

**FAT:** 13 g

**SAT FAT:** 7 g