

CORN ZUCCHINI ENCHILADAS

Adapted from Cookinglight.com

Ingredients

- ½ teaspoon olive oil
- 2 cups diced zucchini
- 1 (10-ounce) package frozen corn
- 1 (15-ounce) can black beans, rinsed
- 3 cups enchilada sauce, divided (recipe follows – or use premade sauce)
- 8 (8-inch) whole wheat tortillas
- 1½ cups shredded cheddar cheese

Homemade enchilada sauce (optional)

- ½ tablespoon olive oil
- ½ cup diced onion
- 1 clove garlic, minced
- ½ cup vegetable broth
- 1 tablespoon chili powder
- 1 tablespoon honey
- 1 teaspoon ground cumin
- ½ teaspoon salt
- 1 (28-ounce) can crushed tomatoes

Instructions

To make the enchilada sauce (optional): In a large saucepan, heat ½ tablespoon 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 ½ tablespoon 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 ½ cup of the zucchini mixture in the center of 1 tortilla and top with 2 tablespoons 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).

Yield: 8 servings

NUTRITION FACTS PER SERVING

CALORIES: 350

PROTEIN: 16 grams

SODIUM: 700 milligrams

CARBOHYDRATE: 45 grams

FIBER: 10 grams

FAT: 13 grams

SATURATED FAT: 7 grams

Nutrition information includes homemade sauce (calories fairly comparable to premade brands).