

BLACK BEAN ENCHILADAS WITH PUMPKIN SAUCE

Makes 8 Servings

INGREDIENTS:

- 1 tablespoon canola oil
- 6 green onions, chopped (white and light green parts only)
- One 6-ounce bag baby spinach, roughly chopped
- 1 teaspoon ground cumin
- 1/2 teaspoon chili powder
- 2 cups shredded reduced-fat Cheddar cheese, divided
- One 15-ounce can black beans, drained and rinsed
- 1 cup frozen corn kernels, thawed
- 1/2 cup roughly chopped fresh cilantro
- One 15-ounce can enchilada sauce (mild, medium, or hot)
- 1/2 cup canned 100% pure pumpkin puree
- Eight 8-inch whole wheat flour tortillas

DIRECTIONS:

1. Preheat the oven to 375°F. Lightly oil or coat a 9 x 13-inch baking pan or dish with nonstick cooking spray and set aside.
2. Heat the oil in a large nonstick skillet over medium heat. Add the green onions and cook, stirring frequently, until softened, 3 minutes. Add the spinach, cumin, and chili powder and continue to cook, stirring frequently, until wilted, 3 more minutes. Transfer the cooked veggies to a large bowl and set aside to cool, about 5 minutes. When cool, stir in 1 cup of the cheese, beans, corn, and cilantro until well combined.
3. Meanwhile, place the enchilada sauce and pumpkin in a medium-size bowl and whisk until well combined. Spread 1/2 cup of the mixture evenly on the bottom of the prepared baking pan.
4. To assemble the enchiladas, place 1/2 cup of filling down the center of each flour tortilla. Roll up tightly, tucking in the ends, and place seam side down in the dish. Cover evenly with the remainder of the sauce, sprinkle with the remaining 1 cup cheese, and bake, uncovered, until bubbly, about 20 minutes.

Nutrition Information per Serving (1 enchilada):

310 calories, 11g fat, (3g saturated, 0.2g omega-3), 730mg sodium, 41g carbohydrate, 8g fiber, 16g protein, 60% vitamin A, 15% vitamin C, 25% calcium, 15% iron

Recipe Created by Liz Weiss, MS, RD, co-author, No Whine with Dinner: 150 Healthy, Kid-Tested Recipes from The Meal Makeover Moms (<http://mealmakeovermoms.com>) For this and other recipes, visit <http://www.accenthealth.com/recipes>.