

Goode Foods™ Black Bean Enchiladas

Ingredients:

1 can of Goode Foods™ Black Beans (rinsed & drained)
18 corn tortillas
1 28oz can of red enchilada sauce
1 ½ cup of cooked shredded chicken (optional)
1/2 teaspoon of cumin
1/2 teaspoon of garlic powder
2 tablespoons Canola Oil
1/4 cup water
1 cup shredded Sharp Cheddar cheese
1 cup shredded Monterey Jack cheese
2 cups Chopped lettuce
1 cup Chopped Cilantro (fresh)
1 cup of Queso Fresco (crumbled)
Cooking Spray

Directions:

- Heat oven to 350°F
- In 10-inch skillet, add 2 tablespoons of oil, Black Beans, garlic powder, cumin, water & cooked shredded chicken; cook and stir 4 to 5 minutes
- Remove from heat
- Spray 9x13-inch baking dish with cooking spray and spoon some sauce just enough to cover the bottom of dish
- On microwavable plate, stack tortillas and cover with paper towel; microwave on High 1 minute to soften
- Place bean mixture and a handful of either cheese along center of each tortilla
- Roll up tightly, and place seam sides down on baking dish
- Once the baking dish is completely lined up with tortillas, pour remaining sauce over enchiladas, spreading to coat all tortillas, Sprinkle the remaining cheese to cover
- Bake 20 minutes or until cheese is melted and sauce is bubbly around edges. Garnish with Lettuce, Cilantro and Queso Fresco

Nutritional Information: (9 Servings)

- 403 Calories from Fat
- 17 g Total Fat
- 52 mg Cholesterol
- 1075 mg Sodium
- 39 g Total Carbohydrate
- 6 g Dietary Fiber
- 3 g Sugar
- 23 g Protein

