

Easy Cheesy Enchiladas

6

Ingredients:

- 3/4 cup canned **black beans**, drained and rinsed
- 1/3 cup **salsa**
- 1/2 cup **corn** (canned and drained, frozen or fresh)
- 1/4 cup chopped **mild green chiles**
- 1 pinch **garlic powder**
- 1/2 cup grated **cheese**
- 3 **whole-wheat flour tortillas** (10-inch)
- 2/3 cup **enchilada sauce**

Makes: 3 enchiladas

Directions:

1. Preheat oven to 350 degrees F. Lightly spray a baking dish (8x8 inch) with nonstick cooking spray.
2. Mix the beans, salsa, corn, chiles, garlic and half of the cheese together in a bowl.
3. Spoon 1/2 cup of the bean mixture onto each tortilla.
4. Roll each tortilla and place it seam-side down in the baking dish.
5. Pour the enchilada sauce over the tortillas. Sprinkle with the remaining cheese.
6. Bake for 15 to 20 minutes, or until sauce is bubbling on edges. Remove from oven, turn oven off and let the enchiladas cool slightly before serving.

