

Black Bean and Rice Enchiladas

1 green pepper, chopped
1 medium onion, chopped
3 garlic cloves, minced
1 tbsp olive oil
1 can black bean, rinsed, drain, (or 15 ounces cooked blacked beans)
1 can diced tomatoes with green chiles (or 5 chopped tomatoes w/ juice and 2 green chiles chopped.)
1 cup frozen corn
¼ c picante sauce
1 tbsp chili powder
1 tsp ground cumin
¼ tsp crushed red pepper flakes
2 cups cooked brown rice
8 flour tortillas – warmed
1 cup salsa
1 cup shredded cheese (can use reduced fat)
3 tbsp chopped fresh cilantro

In a large nonstick skillet, sauté the green pepper, onion and garlic in oil until tender. Add the beans, tomatoes, picante sauce, chili powder, cumin, and red pepper flakes; Bring to a boil. Reduce heat; simmer, uncovered, until heated through and mixture thickens. Add rice and corn cook 5 minutes longer or until heated through.

Spoon a rounded ½ cup down the center of each tortilla. Fold sides over filling and roll up. Place in a 13-in. X 9-in. baking dish coated w/ nonstick cooking spray. Spoon salsa over each tortilla. Cover and bake @ 350 for 25 minutes. Uncover; sprinkle cheese and cilantro. Bake 2-3 minutes longer or until cheese is melted.

Yield: 8 servings

Nutritional facts: serving size – 1 enchilada. – 279 calories; 8 g fat; 10 mg cholesterol; 807 mg sodium; 30 g carbohydrate; 5 gr fiber, 11 g protein.