

Black Bean Enchiladas

Betty Crocker Best-Loved Casseroles

Servings: 10

Preparation Time: 25 minutes

Start to Finish Time: 55 minutes

1 tablespoon vegetable oil
1 medium (1/2 cup) onion, chopped
1 teaspoon ground cumin
1 cup frozen corn, thawed
3/4 cup thick n chunky medium salsa
1 can (15 oz) black beans, drained and rinsed
2 cups (8 oz) Monterrey Jack cheese, shredded and divided
10 6-inch soft corn tortillas
1 can (10 oz) enchilada sauce
chopped avocado
sliced black olives
sour cream
chopped fresh cilantro

Preheat oven to 350 degrees.

Spray an 11x7-inch baking dish with cooking spray.

In a 10-inch skillet, heat oil over medium heat. Cook the onion and cumin for 4 to 5 minutes, stirring frequently, until the onion is tender. Stir in the corn, salsa, beans and one cup of the cheese.

On a microwavable plate, stack the tortillas; cover with microwavable paper towel. Microwave on HIGH for 1 minute to soften.

Place 1/4 cup of the bean mixture down the center of each tortilla; roll up tightly. Place seam sides down in the baking dish.

Spoon the remaining bean mixture over the roll-ups. Pour enchilada sauce over the top, spreading to coat all of the tortillas. Sprinkle with the remaining cheese.

Bake, uncovered, for 25 to 30 minutes or until cheese is melted and sauce is bubbly around the edges.

Serve with the avocado, olives, sour cream and cilantro, as desired.

Per Serving (excluding unknown items): 126 Calories; 4g Fat (30.0% calories from fat); 5g Protein; 18g Carbohydrate; 4g Dietary Fiber; 7mg Cholesterol; 28mg Sodium. Exchanges: 1 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; 1 Fat.