

Mushroom and Poblano Vegetarian Enchiladas

*All-Time Favorites 2012 Cookbook
Better Homes and Gardens Magazine*

Servings: 4

*1 tablespoon vegetable oil
6 ounces firm, tub-style tofu (fresh bean curd), drained and cubed
1 package (8 ounce) fresh cremini mushrooms, sliced
1 small poblano chile, seeded and cut into strips
1 teaspoon ground cumin
1/2 teaspoon salt
1 cup (4 ounce) Cheddar and Monterey Jack cheese, shredded
1/4 cup sour cream
nonstick cooking spray
8 corn tortillas
chopped tomato (optional)
chopped green onion (optional)*

Preheat broiler.

In a large skillet, heat the oil on medium heat. Add the tofu, mushrooms, poblano, cumin and salt. Cook for 8 to 10 minutes or until the mushrooms and chile are tender, stirring occasionally. Stir in 1/2 cup of the cheese and the sour cream.

Lightly coat a 13x9x2-inch baking pan with cooking spray. Set aside.

Stack the tortillas and wrap in dampened paper towels. Microwave on high about 30 seconds or until warm and softened.

Spoon the warm mushroom mixture onto each tortilla. Fold the opposite sides over the filling. Place in the prepared baking pan. Sprinkle with the remaining 1/2 cup of cheese.

Broil 4 to 5 inches from the heat for 1 to 3 minutes or until the cheese is melted. If desired, top with tomato and green onion.

Start to Finish Time: 30 minutes

Per Serving (excluding unknown items): 174 Calories; 8g Fat (38.8% calories from fat); 3g Protein; 24g Carbohydrate; 3g Dietary Fiber; 6mg Cholesterol; 355mg Sodium. Exchanges: 1 1/2 Grain(Starch); 0 Lean Meat; 0 Non-Fat Milk; 1 1/2 Fat.

Vegetarian

Per Serving Nutritional Analysis

Calories (kcal):	174
% Calories from Fat:	38.8%
% Calories from Carbohydrates:	53.6%
% Calories from Protein:	7.5%
Total Fat (g):	8g
Saturated Fat (g):	2g
Monounsaturated Fat (g):	3g
Polyunsaturated Fat (g):	1g
Cholesterol (mg):	6mg
Carbohydrate (g):	24g
Dietary Fiber (g):	3g
Protein (g):	3g
Sodium (mg):	355mg
Potassium (mg):	107mg
Calcium (mg):	111mg
Iron (mg):	1mg
Zinc (mg):	1mg
Vitamin C (mg):	trace
Vitamin A (i.u.):	120IU
Vitamin A (r.e.):	34 1/2RE

Vitamin B6 (mg):	.1mg
Vitamin B12 (mcg):	trace
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	trace
Folacin (mcg):	59mcg
Niacin (mg):	1mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

Food Exchanges

Grain (Starch):	1 1/2
Lean Meat:	0
Vegetable:	0
Fruit:	0
Non-Fat Milk:	0
Fat:	1 1/2
Other Carbohydrates:	0

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories 174 Calories from Fat: 68

% Daily Values*

Total Fat	8g	12%
Saturated Fat	2g	12%
Cholesterol	6mg	2%
Sodium	355mg	15%
Total Carbohydrates	24g	8%
Dietary Fiber	3g	11%
Protein	3g	

Vitamin A	2%
Vitamin C	0%
Calcium	11%
Iron	6%

* Percent Daily Values are based on a 2000 calorie diet.