

Bean and Cheese Enchiladas

This recipe is a good source of fiber which may help protect you against some diseases.

Ingredients:

- 2 cans (15 ounces) **black beans**
- 1/2 cup **salsa**
- 8 **flour tortillas**
- 1 1/2 cups shredded **cheese**
- 1 can (15 ounce) **enchilada sauce**

Directions:

1. Preheat oven to 350 degrees Fahrenheit.
2. Lightly oil or spray a 9 x 13-inch baking dish.
3. Mix beans, salsa, and half of the cheese together in a bowl.
4. Spoon about 1/2 cup of the bean mixture onto each tortilla.
5. Roll the tortilla and place seam-side down in baking dish.
6. Pour enchilada sauce over top of tortillas and sprinkle with remaining cheese.
7. Bake for 15-20 minutes, or until hot.
8. Refrigerate leftovers within 2-3 hours.

Nutrition Facts	
Serving Size 1 enchilada (175g) Servings Per Container 8	
Amount Per Serving	
Calories 240	Calories from Fat 90
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	% Daily Value*
Total Fat 10g	15%
Saturated Fat 4.5g	23%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 920mg	38%
Total Carbohydrate 28g	9%
Dietary Fiber 4g	16%
Sugars 2g	
Protein 10g	
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Vitamin A 30%	• Vitamin C 8%
Calcium 20%	• Iron 15%
<small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:</small>	
	<small>Calories 2,000 2,500</small>
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
<small>Calories per gram:</small>	
	<small>Fat 9 • Carbohydrate 4 • Protein 4</small>

8 servings, 1 enchilada each

Bright Ideas:

- This dish can be prepared in a microwave safe dish. Prepare as above and cook on HIGH for 7-10 minutes, or until steaming hot. Covering the dish will reduce spattering.

Source: Adapted from computer generated recipes. For more recipes and other resources on eating well for less, see our web site at <http://www.healthyrecipes.oregonstate.edu>