

Zucchini Enchiladas

Serves 4

3 small zucchini (1 1/8 to 11/4 lbs. total)

12 corn tortillas

- 4 cups enchilada sauce (recipe below, or canned sauce, or combine salsa and tomato sauce to taste)
- 1 cup canned black beans, drained and rinsed
- 6 ounces cheddar cheese, grated
- 1. Preheat oven to 350 degrees.
- 2. Spray 9x13" baking pan with cooking spray.
- 3. Grate zucchini. Put it in a cloth towel and squeeze out as much moisture as you can.
- 4. Warm sauce in a large frying pan.
- 5. Dip a tortilla in the sauce to soften it (a few seconds on each side is fine.)
- 6. Put the tortilla in the baking pan. Put about 1/3 cup of grated zucchini along the diameter. Top with a tablespoon of black beans and a tablespoon of grated cheese. Roll sides over filling.
- 7. Line up filled tortillas to fill the pan in one layer.
- 8. Cover filled tortillas with sauce and sprinkle the remaining cheese over the top.
- 9. Spray a sheet of tin foil with cooking spray and use it, sprayed side down, to cover the pan.
- 10. Bake for 25-30 minutes, till hot.

Enchilada sauce:

2 Tablespoons olive oil

Medium onion, chopped

Green pepper, chopped

2 cloves garlic, finely chopped

½ teaspoon dried red pepper flakes, if desired

15-ounce can no-salt diced tomatoes and juice

8-ounce can tomato sauce

½ teaspoon cumin

½ teaspoon oregano

3-4 teaspoons chili powder

- 1 Tablespoon fresh basil, chopped or 1 teaspoon dried basil
- 1. Heat large frying pan over medium heat. Add oil and heat for a moment.
- 2. Add onion, garlic and green pepper. Cook and stir till soft. Add red pepper flakes if using.
- 3. Add tomatoes and juice, tomato sauce and 1 cup water. Add cumin, oregano, chili powder and basil.
- 4. Cook over medium heat for a few minutes.

Nutrition facts:

Calories: 501 Total fat: 23g Saturated Fat: 10g Carbohydrates: 56g Dietary Fiber: 10g

Protein: 19g