

# ENCHILADA BAKE

SERVES 8

This recipe is just like the classic Mexican enchilada, but better!

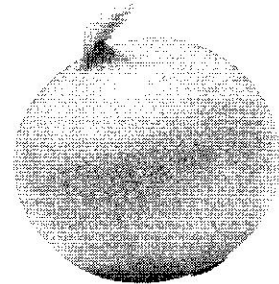
## INGREDIENTS

- |                                           |                                          |
|-------------------------------------------|------------------------------------------|
| 1-tablespoon oil                          | 1-teaspoon cumin                         |
| 1 onion (large, chopped)                  | 2 cups prepared salsa (divided)          |
| 3 garlic (cloves, minced)                 | 8 corn tortillas                         |
| 2 cups black beans (cooked<br>see recipe) | ½ cup Monterey jack cheese<br>(shredded) |
| 1 cup corn                                |                                          |

## DIRECTIONS

1. In a large skillet heat oil over MEDIUM-HIGH heat; sauté onion and garlic 2-3 minutes.
2. Add beans, corn, cumin and ½ cup salsa. Cook 3-4 minutes, coarsely mashing beans with back of spoon.
3. Spoon 1/3 cup filling onto each tortilla; roll up.
4. Spoon ½ cup salsa into 11 x 7 x 2-inch baking dish. Arrange tortillas seam side down; top with remaining 1-cup sauce.
5. Cover and bake in 350 °F oven for 15 to 20 minutes.
6. Uncover; top with cheese. Bake 2 minutes longer or until cheese is melted.

**NUTRITIONAL INFO:** Serving Size: 1 enchilada, Calories: 210, Fat: 5 grams (g), Sodium: 520 milligrams (mg), Protein: 9 mg.



## The scoop on onions

### How to Select Vidalia Onions

Look for firm onions without decay or blemishes. There should be no sprouts attached and the skins should be dry

### How to Store Vidalia Onions

Store Vidalia onions at room temperature in the legs of clean, sheer pantyhose. Tie a knot between each Vidalia and cut above the knot when ready to use. Hang in a cool, dry, well ventilated area. Vidalia onions can also be frozen, either whole or chopped. Frozen onions should be used only for cooking purposes.

SIMPLY GOOD EATING



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