

Beans & Greens Enchiladas

Makes 12-16 enchiladas | Grains • Protein • Vegetables

Ingredients

- 1 Tablespoon canola oil
- 1 15-ounce can spinach or collard greens or 1 pound fresh or frozen spinach, collard greens, or kale
- 2 15-ounce cans beans (4 cups cooked beans)
- 1 15-ounce can diced tomatoes
- 1 15-ounce can corn
- 1 teaspoon garlic powder
- 2 teaspoons chili powder or taco seasoning
- 1 cup shredded cheese
- 2 15-ounce cans enchilada sauce (red or green)
- 12-16 large flour tortillas
- Toppings: cheese, avocado, sour cream or plain yogurt, salsa, etc.
- Nonstick spray

Directions

1. Wash hands with warm, soapy water for 20 seconds.
2. Preheat oven to 350°F.
3. Spray 2 9x13-inch baking dishes with nonstick spray.
4. In a large skillet or electric skillet, heat oil. If greens are fresh or frozen, heat in the skillet until wilted (for fresh) or no longer frozen.
5. Drain beans, tomatoes, and corn. Add beans, tomatoes, corn, and seasonings to skillet. Heat through.
6. Divide mixture between tortillas, filling each tortilla with $\frac{1}{3}$ - $\frac{1}{2}$ cup of the filling.
7. Sprinkle cheese over the filling.
8. Roll up tortillas and place seam-side down in the baking dishes.
9. Cover with enchilada sauce.
10. Cover with foil and bake for 20 minutes, until heated through. Remove foil, top with additional cheese, if desired, and bake for 5 more minutes.
11. Serve with toppings. Freeze 1 pan of enchiladas for a quick dinner another day.

Variation

Swap protein- Use 2 cups of beans and 2 cups of cooked ground meat.



Recipe from the Cent\$ible Nutrition Program. Learn how to save money, cook quick and healthy meals, and stretch your food dollar by contacting your local CNP educator.

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