

Bean and Cheese Enchiladas *Makes 4 servings*

3 ½ cups cooked pinto beans or 2-15 ounce
canned beans, low sodium
1/4 cup reduced fat Monterey Jack cheese
1 Tablespoon chili powder
8 - 6 inch corn tortillas
Shredded lettuce (optional)
Salsa (optional)



1. Place beans in a large bowl and mash coarsely with a fork or potato masher; stir in chili powder.
 2. Wrap tortillas in a damp paper towel. Microwave on high for 45 seconds, or until tortillas are soft and warm.
 3. Divide bean mixture among tortillas and sprinkle mixture with cheese.
 4. Roll tortillas to enclose mixture.
 5. Spray a 9"x13" baking dish with non-stick cooking spray.
 6. Place enchiladas, seam side down, into baking dish.
 7. Cover with foil and bake at 350 degrees for 20 minutes or until heated through.
 8. Serve warm with salsa and lettuce.
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