



vegetable enchiladas;

I. (vehg-tah-bull ehn-chee-lah-dahz) *noun*. Beans and veggies and cheese wrapped in a tortilla and smothered with enchilada sauce and cheese.

2. Produces 4-6 servings.
3. Preparation 45 mins.

Ingredients;

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|------------------------------|--------------------------------------|
| 1 small zucchini | 1 c. frozen corn |
| 1 medium red pepper | 1 large green pepper, diced |
| 1 large onion, diced | 1 tsp. each salt & pepper |
| 2 tsp. garlic powder | 2 tsp. cumin |
| 1 Tbsp. chili powder | 4 oz. cream cheese |
| 1 c. frozen corn kernels | 8oz canned enchilada sauce |
| 2 c. shredded cheddar cheese | ¹ / ₂ c. salsa |
| 6-8 tortillas | 1 can black (or pinto) beans |
| 1 tomato, diced | avocado/sour cream, for serving |

Instructions;

1. Chop zucchini, red pepper, and onion and toss in a large heated skillet. Season with salt and pepper. Sautee 6-8 mins until beginning to soften.
3. Add frozen corn kernels and sauté an additional 4-5 minutes.
4. Meanwhile drain beans and in a bowl mix together with cream cheese, 1 c. cheese, salt, pepper, cumin, and chili powder. Add mixture to the skillet along with the salsa and mix together.
5. Build enchiladas by stuffing tortillas with filling and placing in a baking dish next to each other, seam side down.
6. Top with the enchilada sauce, followed by the remaining cheese.
7. Bake 10-20 minutes, and finish with the broiler for bubbly cheese.
8. Serve with avocado, sour cream, and diced tomatoes as desired.