



Cheesy Veggie Enchiladas

Makes: 6 Servings

Ingredients

12 ounces Yam, cooked, boiled & drained, or baked
(without salt)

12 ounces Spinach, frozen

11 ounces Tomatoes, canned, diced in juice

9 6"-Tortillas (corn)

13 1/2 ounces black beans, canned (no salt added or
reduced sodium)

3 ounces Cheddar Cheese, reduced Fat, shredded

3 ounces mozzarella cheese, part skim, shredded

1 1/2 teaspoons cumin, ground

3/8 teaspoon chili powder

Directions

1. Bake yams at 350°F for 45 minutes or until soft. Cool until able to handle. In blender combine canned tomatoes, yams, cumin, chili powder, and salt. Puree.
 2. Set aside some of the grated cheddar for the top. Mix remaining cheddar with the parmesan.
 3. In 8x8 baking dish, pour portion of sauce on bottom of pan. Lay in half of the tortillas. Sprinkle with half of the spinach and half of the cheese. Pour 1/2 of the sauce over the top and smooth.
 4. Repeat this one time. Top with reserved cheddar cheese.
 5. Bake covered at 350°F for 45 minutes. Remove covering for last 15 minutes.
- Source:** Faye Wright Elementary (Recipes for Healthy Kids Competition)