



Vegetarian Enchiladas

This version of a classic Mexican dish cuts down on a lot of the work but none of the flavour!
This dish is sure to be a hit either at a pot-luck or a dinner at home.

Prep Time: 20 mins • Cooking Time: 25 mins • Serves: 4

Ingredients:

1 jar (570mL)	Healthy Harvest® Pasta Sauce, Tomato & Herb
1 tbsp (15 mL)	chili powder
2 tsp (10 mL)	each dried oregano and ground cumin
1 tbsp (15 mL)	canola oil
1	onion, finely chopped
1	red pepper, finely chopped
1	zucchini, finely chopped
½ tsp (2 mL)	each salt and pepper
2 (125 g each)	Minute Rice® Ready to Serve Basmati Rice Cups
1 cup (250 mL)	rinsed and drained black beans
8	small flour tortillas
1 cup (250 mL)	shredded Tex-Mex cheese blend
1	avocado, chopped
½ cup (125 mL)	finely chopped red onion
¼ cup (60 mL)	chopped fresh cilantro
1 tbsp (15 mL)	lime juice

Preparation:

1. Preheat the oven to 375°F (190°C). Stir the pasta sauce with the chili powder, oregano and cumin. Microwave, on high, for 2 minutes or until bubbling. Heat the oil in a large, nonstick skillet set over medium-high heat. Add the onion, red pepper, zucchini, salt and pepper. Cook for 5 minutes or until tender. Stir in the rice, beans and ½ cup (125 mL) of the spiced pasta sauce; cool slightly.
2. Spoon the rice mixture along the bottom third of each tortilla. Fold the bottom third around the filling until completely enclosed. Arrange, seam-side-down, in a greased 9 x 13-inch (3 L) casserole dish. Spoon the remaining spice pasta sauce down the centre of the dish and top with shredded cheese.
3. Bake for 20 minutes or until heated through. Toss the avocado with the red onion, cilantro and lime juice. Scatter over the casserole.

Tomato and Herbs



Nutritional Information: Calories per serving: 547 Fat 19g Saturated Fat 2.8g Cholesterol 7mg Sodium 786mg Carbohydrates 79g Fibre 10g Sugar 10g Protein 18g.

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