

Healthy Harvest® Pasta Sauce Vegetarian Enchiladas

Preparation Time: 20 minutes

Cooking time: 25 minutes

Servings: 4



This meatless version of a classic Mexican dish cuts down on a lot of the work but none of the flavour.

Ingredients

1 jar (570 mL)	Healthy Harvest® Pasta Sauce Tomato and Herbs
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
1/2 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

shredded Tex-Mex cheese blend

1 cup (250 mL)

1 avocado, chopped

1/2 cup (125 mL) finely chopped red onion

1/4 cup (60 mL) chopped fresh cilantro

1 tbsp (15 mL) lime juice

Instructions

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 1/2 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.
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Tip: Add shredded rotisserie chicken to the bean mixture for some added protein

Nutritional Information per serving:

547 calories, 19 g fat, 2.8 g saturated fat, 7 mg cholesterol, 786 mg sodium, 79 g carbohydrates, 10 g fibre, 10 g sugar, 18 g protein.



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