

VEGGIE ENCHILADAS WITH SPICY SAUCE

Gluten Free, Higher Fiber, Lower Sodium, Vegetarian

Serves: 8 (Serving= 1 enchilada)

Nutrition (per serving)

Calories: 257

Total Carbohydrate: 37 g

Total Fat: 17 g

Dietary Fiber: 8 g

Saturated Fat: 4 g

Protein: 16 g

Sodium: 436 mg



Ingredients

Enchiladas

- 2 Tablespoons olive oil
- 1 medium-large zucchini, sliced
- 1 – 8 ounce package fresh baby bella mushrooms, washed and sliced
- 1 onion, sliced
- 2 large tomatoes, chopped

Sauce

- 2 Tablespoons corn starch
- 2 Tablespoons water

- 1 teaspoon ground black pepper
 - 8 medium whole grain tortillas (choose gluten free for GF version)
 - 4 ounces (1 cup) part-skim mozzarella cheese, shredded
 - Cooking spray
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- 1 Tablespoon olive oil
 - 1 – 8 ounce can no salt added tomato sauce



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- 1 Tablespoon garlic powder
- 2 Tablespoons chili powder
- 2 Tablespoons ground cumin
- 1 Tablespoon paprika

- 2 teaspoons dried oregano
- 1 ½ cups no salt added chicken stock (choose gluten free for GF version)

Directions

Enchiladas

1. Preheat oven to 350 degrees Fahrenheit.
2. Heat olive oil in a large skillet on medium-high heat. Add zucchini and sauté for one minute. Add remaining vegetables and pepper and sauté until vegetables soften.
3. Use a slotted spoon to scoop vegetables into tortillas. Add 2 Tablespoons of cheese and roll.
4. Once all of the enchiladas are placed in the pan, spread remaining vegetable mixture and cheese on top.
5. Place into sprayed 9x13" baking pan and bake for 12-15 minutes, or until cheese is bubbly.

Sauce

1. Whisk corn starch into water in a small bowl until dissolved.
2. In a medium saucepan on medium heat, add olive oil. Slowly whisk in corn starch mixture, stirring vigorously.
3. Slowly add tomato sauce, and spices, stirring continuously until heated through.
4. Add chicken stock and reduce heat, simmering uncovered for 6-8 minutes or until slightly thickened.
5. Pour over enchiladas immediately before serving.