



Zucchini Enchiladas

Serves 4

3 small zucchini (1 1/8 to 1 1/4 lbs. total)
12 corn tortillas
4 cups enchilada sauce (recipe below, or canned sauce, or combine salsa and tomato sauce to taste)
1 cup canned black beans, drained and rinsed
6 ounces cheddar cheese, grated

1. Preheat oven to 350 degrees.
2. Spray 9x13" baking pan with cooking spray.
3. Grate zucchini. Put it in a cloth towel and squeeze out as much moisture as you can.
4. Warm sauce in a large frying pan.
5. Dip a tortilla in the sauce to soften it (a few seconds on each side is fine.)
6. Put the tortilla in the baking pan. Put about 1/3 cup of grated zucchini along the diameter. Top with a tablespoon of black beans and a tablespoon of grated cheese. Roll sides over filling.
7. Line up filled tortillas to fill the pan in one layer.
8. Cover filled tortillas with sauce and sprinkle the remaining cheese over the top.
9. Spray a sheet of tin foil with cooking spray and use it, sprayed side down, to cover the pan.
10. Bake for 25-30 minutes, till hot.

Enchilada sauce:

2 Tablespoons olive oil
Medium onion, chopped
Green pepper, chopped
2 cloves garlic, finely chopped
1/2 teaspoon dried red pepper flakes, if desired
15-ounce can no-salt diced tomatoes and juice
8-ounce can tomato sauce
1/2 teaspoon cumin
1/2 teaspoon oregano
3-4 teaspoons chili powder
1 Tablespoon fresh basil, chopped or 1 teaspoon dried basil

1. Heat large frying pan over medium heat. Add oil and heat for a moment.
2. Add onion, garlic and green pepper. Cook and stir till soft. Add red pepper flakes if using.
3. Add tomatoes and juice, tomato sauce and 1 cup water. Add cumin, oregano, chili powder and basil.
4. Cook over medium heat for a few minutes.

Nutrition facts:

Calories: 501
Total fat: 23g
Saturated Fat: 10g
Carbohydrates: 56g
Dietary Fiber: 10g
Protein: 19g