

- » Nonstick vegetable cooking spray
- » 1 tsp olive oil
- » 6 sliced green onions
- » 1/2 cup chopped red bell peppers
- » 1/2 cup whole-kernel corn
- » 1/2 cup finely chopped carrots
- » 3 cups finely chopped zucchini squash
- » 1/4 cup water
- » 1 tsp chili powder, divided
- » 1/2 tsp dried oregano
- » 2 tsp cumin
- » 1 tsp salt-free herb seasoning blend, divided
- » 3 cups frozen prebrowned all-vegetable protein crumbles
- » 12 corn tortillas (6-inch diameter)
- » 2, 8-oz cans "no salt added" tomato sauce
- » 1/4 cup water
- » 1/2 tsp garlic powder
- » 3/4 cup shredded cheddar cheese
- » 1/4 cup chopped cilantro

Nutritional Content

Per Serving

Calories	454 cal	Cholesterol	23mg
Protein	28g	Sodium	541mg
Carbohydrate	60g	Calories from Fat	25%
Fat	13g	Fiber	12g
Saturated Fat	5g		

Preheat oven to 350°F. In a large skillet sprayed with nonstick vegetable cooking spray, over medium-high heat, add olive oil. When hot, add green onions and red bell peppers, sauteing for 1 minute. Add corn, chopped carrots, and zucchini. Add water, 1/2 tsp chili powder, oregano, cumin, and 1/2 tsp salt-free herb seasoning blend. Cook 3 to 5 minutes, covering for the last 2 to 3 minutes. Add prebrowned protein crumbles. Remove from heat. Set aside. In a bowl mix tomato sauce, water, garlic powder, 1/2 tsp chili powder, and 1/2 tsp salt-free herb seasoning blend. Coat a 9 x 13 baking dish with nonstick vegetable cooking spray. Dip each corn tortilla in tomato sauce mixture and fill with a spoonful of vegetable mixture. Place seam side down in baking dish. Repeat with all 12 tortillas. Sprinkle with cheddar cheese and bake uncovered for 30 to 35 minutes. Top with chopped cilantro. Serves 4.

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