

Spicy Vegetarian Enchiladas

INGREDIENTS

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

Nutritional Content

Per Serving

Calories	464 cal	Cholesterol	23mg
Protein	28g	Sodium	538mg
Carbohydrate	60g	Calories from Fat	27%
Fat	14g	Fiber	12g
Saturated Fat	5g		

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↪ See reverse for instructions

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INSTRUCTIONS

Preheat oven to 350°F. In a 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, chili powder, oregano, cumin, and 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, a pinch of garlic powder, a pinch of chili powder, and a pinch of salt-free herb seasoning blend. Coat a 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 3 tortillas. Sprinkle with cheddar cheese and bake uncovered for 25 to 30 minutes. Top with chopped cilantro. Serves 1.

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