



## **Black Bean Veggie Enchiladas**

SERVES 6

### **Ingredients**

6 whole wheat tortillas, I used Ole Mexican Foods Xtreme Wellness tortillas

1 15 oz can of black beans, rinsed and drained

1 cup of diced zucchini

1 cup of diced yellow squash

1 cup of diced onion

4 oz of Monterey Cheese

1 cup of salsa

1 Tbsp of olive oil

salt and pepper to taste

### **Instructions**

Heat a medium sized saute pan to medium heat and add the olive oil.

When the oil is hot, add the onion and a sprinkle of salt and pepper. Saute for about 7 minutes until it begins to soften. Next add the squash and zucchini with a little more salt and pepper. Cook for another 5 minutes.

Mix the beans into the veggie mixture with about 1/2 cup of salsa.

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Divide the veggie mixture among the tortillas. Roll the tortillas up and place them seam side down in a baking dish.

Spoon the remaining salsa over the tortillas and sprinkle the cheese over the top of the enchiladas.

Bake the enchiladas at 350 for about 20 minutes until the cheese is melted, bubbly and brown.

Optional: Sprinkle the top of the baked enchiladas with fresh chopped cilantro and serve with guacamole, sour cream ( or Greek yogurt), fresh or pickled jalapeños and a little diced red onion.