



Enchiladas

- 1 cup enchilada sauce
- 1 tsp olive oil
- 2 1/2 cups butternut squash, peeled and diced
- 1 small onion, diced
- 3 cloves garlic, minced
- 1 jalapeno, seeded and diced
- 10 oz can diced tomatoes, no-added-sodium
- 1 1/2 cups canned organic black beans, rinsed and drained
- 1/4 cup fresh cilantro
- 1 tsp cumin
- 1/2 tsp chili powder
- 1/4 cup water
- 8 medium low-carb whole wheat flour tortillas
- 1 cup reduced-fat shredded Colby Jack cheese
- 2 tbsp chopped scallions, for garnish

Preheat the oven to 400°F. Spray the bottom and sides of a large baking dish with pan spray. Evenly spread out 1/4 cup of the enchilada sauce on the bottom.

In a large skillet, heat olive oil on medium-high. Add onions, garlic, and jalapeno and cook 2-3 minutes until onions become translucent. Add diced butternut, Rotel tomatoes, black beans, water, cilantro, cumin and chili powder. Cover and cook over medium-low heat, stirring occasionally, until the squash is tender.

Place 1/3 cup of the squash mixture in the center of each tortilla. Roll tortillas and place in the baking dish seam side down. Top with remaining enchilada sauce and cheese. Cover with foil and bake until heated through and the cheese is melted. Top with scallions. Makes 8 servings.

Nutrition information per serving: 180 calories, 12 grams protein, 6 grams fat, 26 grams carbohydrate, 444 mg sodium.



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