

## Mexican Enchiladas

*Tired of all the usual brunch dishes like pancakes and eggs? Heat things up at your next potluck and bring this baked beauty instead. Soft corn tortillas are filled with a mildly spiced beef and bean mixture and topped with salsa and cheese.*

Cooking oil	1 tsp.	5 mL
Extra-lean ground beef	1/2 lb.	225 g
Chopped onion	1/2 cup	125 mL
Can of pinto beans, rinsed and drained	14 oz.	398 mL
Salsa	1/2 cup	125 mL
Can of diced green chilies, drained	4 oz.	113 g
Frozen kernel corn	1/3 cup	75 mL
Taco seasoning mix, stir before measuring	2 tbsp.	30 mL
Corn tortillas (6 inch, 15 cm, size)	12	12
Salsa	1/2 cup	125 mL
Grated light sharp Cheddar cheese	1/2 cup	125 mL

Heat cooking oil in large frying pan on medium. Add ground beef and onion. Scramble-fry for about 10 minutes until beef is no longer pink.

Add next 5 ingredients. Stir. Bring to a boil.

Wrap 6 tortillas in damp paper towels. Microwave on high (100%) for about 45 seconds until warm. Work with 1 tortilla at a time. Keep remaining tortillas under damp towel to prevent drying. Spoon about 1/3 cup (75 mL) filling down centre of 1 tortilla. Fold sides over filling. Place, seam-side down, in greased 9 x 13 inch (22 x 33 cm) pan. Repeat with remaining tortillas and filling.

Spoon second amount of salsa over tortillas. Sprinkle with cheese. Bake, covered, in 350°F (175°C) oven for 15 to 20 minutes until hot. Makes 12 enchiladas.

*1 enchilada: 159 Calories; 3.8 g Total Fat (0.8 g Mono, 0.4 g Poly, 1.1 g Sat); 13 mg Cholesterol; 23 g Carbohydrate; 3 g Fibre; 8 g Protein; 384 mg Sodium*