

# Bean Enchiladas

## Ingredients

- 8 whole wheat tortillas
- 1 can fat free refried beans
- 1 cup plain 0% fat Greek yogurt
- 1 cup bell pepper, chopped
- 1 cup onion, chopped
- 1 cup mushrooms, chopped
- 1 (10 oz) can enchilada sauce
- 1 Tbsp chili powder
- 1/4 tsp garlic powder
- 1/4 tsp onion powder
- 1/4 tsp red pepper flakes
- 1/4 tsp oregano
- 1/2 tsp paprika
- 1 1/2 tsp cumin
- 1 1/2 cup reduced fat Mexican shredded cheese

## Directions

1. Preheat oven to 350 degrees F. Spray 9x13 baking pan with cooking spray.
2. In a bowl, combine the refried beans, Greek yogurt, and all spices until well mixed.
3. In a skillet, cook onion, pepper, and mushroom until tender.
4. In a tortilla, layer 1/8 of bean mixture and vegetable mixture, then roll tortilla burrito-style and place in pan. Repeat with remaining tortillas. Top rolled tortillas with enchilada sauce.
5. Bake for 15 minutes; remove and top with cheese; continue to bake until cheese has melted.

**Nutrition Facts:** Serving Size: 1 enchilada; Calories: 260; Calories from Fat: 70; Total Fat: 8g; Saturated Fat: 3.5g; Trans Fat: 0g;

Sodium: 930 mg; Total Carbohydrate: 34g; Dietary Fiber: 8g; Sugars: 7g; Protein: 16g; Vitamin A: 15%; Calcium: 30%; Vitamin C: 30%; Iron: 8%



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