



Vegetable Enchiladas

Prep Time: 20 minutes

Cook Time: 40 minutes

What you need:

Utensils:

- Knife & cutting board
- Microwave dish
- Medium bowl
- 8 X 8 baking dish
- Mixing spoon
- Measuring spoons & cups

Ingredients:

- 1 cup tomatoes, chopped
- ½ cup zucchini, shredded
- ½ cup carrots, shredded
- ⅓ cup green pepper, chopped
- ¼ cup onion, chopped
- ¾ cup low fat Monterey Jack cheese, shredded
- ½ cup low fat Ricotta cheese
- ½ teaspoon chili powder
- ¼ teaspoon cumin
- 6 corn tortillas
- Cooking Spray
- ¾ cup chunky salsa

What to do:

1. Wash hands and cooking area.
2. Wash fresh vegetables and prepare as per ingredients
3. Preheat oven to 350°F.
4. Combine tomato, zucchini, carrots, green pepper, and onion in a microwave safe baking dish.
5. Cover and cook for 4 minutes in the microwave oven.
6. Meanwhile, mix together cheeses, chili powder, and cumin in a bowl.
7. Wrap tortillas in a damp paper towel and microwave for 30- 45 seconds.
8. Spray 8 X 8 inch baking dish with cooking spray.
9. Spoon cheese mixture into middle of each warm tortilla, top with vegetable mixture.
10. Roll tortillas and place in baking dish.
11. Pour salsa over tortillas and bake for 30 minutes or until cheese is melted.



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Nutrition Facts	
Serving Size 1 enchilada Servings Per Container 6	
Amount Per Serving	
Calories 140	Calories from Fat 40
% Daily Value*	
Total Fat 4.5g	7%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 430mg	18%
Total Carbohydrate 19g	6%
Dietary Fiber 3g	12%
Sugars 4g	
Protein 8g	
Vitamin A 45%	Vitamin C 25%
Calcium 30%	Iron 4%
Fat 9 • Carbohy	