

Foster's Body & Paint

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March, 2012

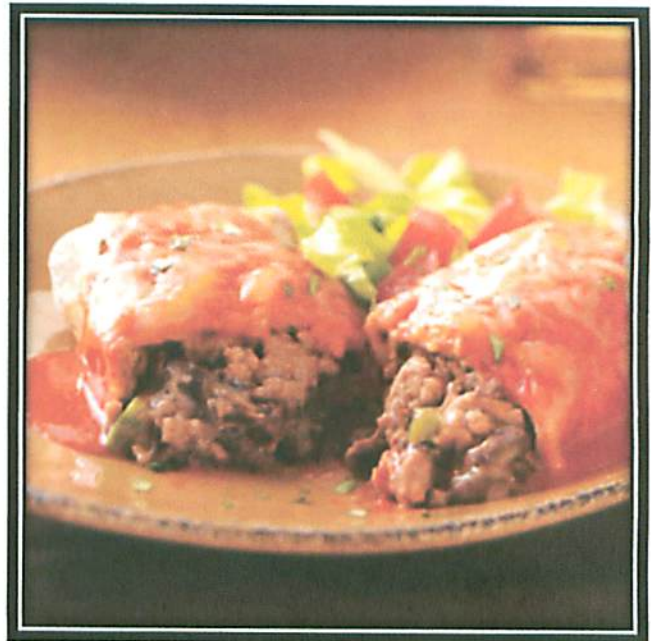
Turkey and Black Bean Enchiladas

Ingredients:

- 2 cans (15 oz. each) black beans, rinsed and drained, divided
- 1 lb. lean ground turkey
- 1 medium green pepper, chopped
- 1 small onion, chopped
- 1 can (15 oz.) enchilada sauce, divided
- 1 cup (4 oz.) shredded reduced-fat Mexican cheese blend, divided
- 8 whole wheat tortillas (8 inches), warmed

Preparations:

- 1.) In a small bowl, mash 1 can black beans; set aside. In a large nonstick skillet, cook the turkey, pepper and onion over medium heat until meat is no longer pink; drain. Add the mashed beans, remaining beans, half of the enchilada sauce and a ½ cup; heat through.
- 2.) Place 2/3 cupfuls of bean mixture down the center of each tortilla. Roll up and place seam side down in two 11x7 inch baking dishes coated with cooking spray.
- 3.) Pour remaining enchilada sauce over the top; sprinkle with remaining cheese. Bake, uncovered, at 425 degrees for 15-20 minutes or until heated through.



Makes 8 servings

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