
Black Bean `N` Spinach Enchiladas

The Essential Southern Living Cookbook

Servings: 8

Preparation Time: 25 minutes

Start to Finish Time: 1 hour

2 cans (15 ounce) black beans, rinsed and drained
2 tablespoons fresh lime juice
1 teaspoon Creole seasoning
1 teaspoon chili powder
1/2 teaspoon ground cumin
1/2 teaspoon garlic powder
1/2 teaspoon onion powder
1/2 recipe (two cups) Spinach Madeleine (see recipe below)
1 container (8 ounce) sour cream
8 eight-inch flour tortillas
1 block (12 ounce) Monterey Jack cheese, shredded
fresh flat-leaf parsley (for garnish)
SPINACH MADELEINE
2 packages (10 ounce ea) frozen chopped spinach
1/4 cup butter
1/2 teaspoon minced fresh garlic
2 tablespoons all-purpose flour
1 cup milk
1 loaf (8 ounce) pasteurized prepared cheese product, cubed
1 teaspoon hot sauce
1/2 teaspoon Creole seasoning

Preheat the oven to 350 degrees.

In a medium bowl, combine the black beans, lime juice, Creole seasoning, chili powder, ground cumin, garlic powder and onion powder.

Prepare the Spinach Madeleine. Stir together two cups of Spinach Madeleine and the sour cream until blended.

Spoon about 1/2 cup of the black bean mixture along the center of each tortilla. Top each with 1/3 cup of the Spinach Madeleine mixture ; then sprinkle with three tablespoons of the cheese. Roll up and place, seam side down, in two lightly greased 11 x 7-inch baking dishes. Sprinkle the remaining cheese evenly over the tops.

Bake, covered, for 25 minutes. Uncover and bake until the cheese is melted, 5 to 10 minutes more. Garnish with parsley.

Make the Spinach Madeleine: Cook the spinach according to package directions. Drain. Melt the butter in a medium saucepan over medium heat. Add the garlic and saute' for 1 minute. Whisk in the flour until smooth. Cook, whisking constantly, for 1 minute. Gradually whisk in the milk. Cook, whisking constantly, for 2 minutes or until the mixture is thickened and bubbly. Add the cheese, hot sauce and Creole seasoning. Whisk until the cheese is melted. Stir in the spinach. Cook until thoroughly heated.

Mexican, Side Dishes, Vegetarian

Per Serving (excluding unknown items): 623 Calories; 23g Fat (33.1% calories from fat); 26g Protein; 80g Carbohydrate; 13g Dietary Fiber; 45mg Cholesterol; 655mg Sodium. Exchanges: 5 Grain(Starch); 1 Lean Meat; 1 Vegetable; 0 Fruit; 0 Non-Fat Milk; 4 Fat; 0 Other Carbohydrates.