

Creamy Black Bean, Mushroom and Zucchini Enchiladas

Relish Magazine - September 2015

Servings: 6

1 tablespoon olive oil
1 teaspoon garlic, finely minced
1 pound (about 5 cups) sliced mushrooms of any kind
1/4 teaspoon coarse salt
freshly ground black pepper
1 medium zucchini, sliced lengthwise and thinly sliced into half-moons
1 can (15 ounce) black beans, drained and rinsed
3 ounces (1/3 cup) cream cheese
3 ounces (1/3 cup) creamy goat cheese
1 teaspoon dried oregano
1 can (4 ounce) chopped green chilies
12 six-inch flour tortillas, warmed
1 can (10 ounce) enchilada sauce

Preheat the oven to 375 degrees.

Lightly oil a 13x9-inch baking pan.

In a large skillet over medium-high heat, heat the olive oil. Add the garlic, mushrooms, salt and pepper. Cook and stir until the mushrooms start to turn golden brown, about 8 minutes.

Add the zucchini and cook and stir until tender, 5 minutes more.

Stir in the beans, cream cheese, goat cheese and oregano. Cook until the cheeses are melted and blended into the mixture, about 3 minutes.

Stir in the chilies and remove the pan from the heat.

Place 1/3 cup of the mixture along the edge of one tortilla and roll it up. Place it in the prepared pan seam side down. Repeat with the remaining tortillas and filling. Pour the remaining sauce evenly over the top.

Bake until the top starts to brown, about 25 minutes. Serve hot.

Option: If you don't want to use goat cheese, omit it and increase the amount of cream cheese to six ounces. The enchiladas will have a milder flavor.

Option: Divide the veggie mixture between two bowls, add 3/4 cup of shredded cooked chicken, pork or steak to one, and make two versions cooked in separate eight-inch square pans.

Per Serving (excluding unknown items): 1056 Calories; 58g Fat (48.9% calories from fat); 29g Protein; 107g Carbohydrate; 10g Dietary Fiber; 140mg Cholesterol; 1155mg Sodium. Exchanges: 6 1/2 Grain(Starch); 1 1/2 Lean Meat; 1/2 Vegetable; 10 1/2 Fat.

Mexican, Vegetarian

Per Serving Nutritional Analysis

Calories (kcal):	1056	Vitamin B6 (mg):	.3mg
% Calories from Fat:	48.9%	Vitamin B12 (mcg):	.5mcg
% Calories from Carbohydrates:	40.1%	Thiamin B1 (mg):	1.1mg
% Calories from Protein:	11.0%	Riboflavin B2 (mg):	.7mg
Total Fat (g):	58g	Folacin (mcg):	347mcg
Saturated Fat (g):	31g	Niacin (mg):	6mg
Monounsaturated Fat (g):	20g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	4g	Alcohol (kcal):	0
Cholesterol (mg):	140mg	% Refuse:	n n%
Carbohydrate (g):	107g	Food Exchanges	
Dietary Fiber (g):	10g	Grain (Starch):	6 1/2
Protein (g):	29g	Lean Meat:	1 1/2
Sodium (mg):	1155mg	Vegetable:	1/2
Potassium (mg):	963mg	Fruit:	0
Calcium (mg):	333mg	Non-Fat Milk:	0
Iron (mg):	8mg	Fat:	10 1/2
Zinc (mg):	3mg	Other Carbohydrates:	0
Vitamin C (mg):	19mg		
Vitamin A (i.u.):	2665IU		
Vitamin A (r.e.):	600RE		

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories 1056 **Calories from Fat:** 516

% Daily Values*

Total Fat 58g	89%
Saturated Fat 31g	153%
Cholesterol 140mg	47%
Sodium 1155mg	48%
Total Carbohydrates 107g	36%
Dietary Fiber 10g	41%
Protein 29g	
Vitamin A	53%
Vitamin C	31%
Calcium	33%
Iron	46%

* Percent Daily Values are based on a 2000 calorie diet.