

# Southwest Quinoa Enchilada

## Ingredients

- 1/4 cup quinoa, uncooked
- 2 tbsp canned black beans, low sodium
- 1/2 cup canned diced tomatoes, no salt added
- 2 tbsp red bell pepper
- 1/3 cup cilantro leaves
- 1/4 cup canned green chili peppers
- 1 tbsp canned corn
- 2 cups shredded mozzarella cheese, low fat
- 1/4 tsp garlic, granulated
- 1/8 tsp chili powder
- 1/8 tsp cumin
- 1/8 tsp kosher salt
- 8 whole wheat 6" tortillas
- 1/4 cup red mild enchilada sauce

## Notes

**Number of Portions:** 4

**Serving Size:** 2 each

**Nutrition Facts:** 415 calories, 11.61 g fat, 6.06 g saturated fat, 900 mg sodium, 53.13 g carbohydrate, 6.82 g fiber, 1.1 g sugar, 24.07 g protein

## Directions

1. Cook quinoa following the package instructions.
2. Drain and rinse black beans, drain tomatoes, dice red peppers, and chop cilantro.
3. Mix black beans, tomatoes, red peppers, cilantro, green chili peppers, corn, cheese, garlic, chili powder, cumin, and salt. Pour this mixture into cooked quinoa and mix.
4. Place 1/2 cup of mixture onto each tortilla and roll. Place in 12 x 20 inch pans, cover with foil, and bake for 15 minutes in a 350°F oven.
5. To serve, place two enchiladas on tray and top with 1/2 oz of enchilada sauce.