Black Bean Enchiladas

Servings: 2
Adapted from Cooking Light September 2003

Ingredients

Cooking spray
1/4 cup chopped onion
1/4 teaspoon ground cumin
1/4 teaspoon dried oregano
1/4 teaspoon chili powder
½ teaspoon minced garlic
1 (15-ounce) can black beans, rinsed and drained
1/4 cup bottled salsa
1/4 cup fat-free cream cheese, softened
1/2 cup shredded reduced-fat extra cheese, divided
4 tortillas
5 oz enchilada sauce

Preparation

1) Preheat oven to 350°.
2) Heat a large nonstick skillet coated with cooking spray over medium-high heat. Add onion, and sauté 4 minutes or until tender. Stir in cumin, oregano, chili powder, garlic, and beans; cook 2 minutes, stirring mixture frequently.
3) Stir in salsa, and cook 1 minute. Remove from heat, and add cream cheese and 1/4 cup cheddar cheese, stirring until cheese melts.
4) Warm tortillas according to package directions. Spread 1/4 cup enchilada sauce in bottom of a 13 x 9-inch baking dish coated with cooking spray. Spoon about 1/4 black bean mixture down center of each tortilla, and roll up. Arrange enchiladas, seam sides down, crosswise in dish. Pour remaining enchilada sauce evenly over enchiladas, and sprinkle with 1/4 cup cheddar.
5) Bake at 350° for 20 minutes or until thoroughly heated.