

Vegetarian Enchiladas Recipe

Filling:

1 onion, chopped
2 cloves garlic, minced
1 teaspoon ground cumin
1 teaspoon ground coriander
1/4 cup vegetable broth
2 cups cooked bugler wheat
2 cups cooked lentils
1 can chopped green chilies (optional)
1 can sliced black olives (optional)
1 dozen corn tortillas
1 (28 ounce) can enchilada sauce
Grated lowfat cheese (cheddar, mozzarella, etc)

*See below for a dairy-free version

Cook onions, garlic and spices in 1/4 cup broth until tender. Combine onion mixture with bugler wheat and lentils and mix well. Spray an 8 x 11- inch casserole with nonstick cooking spray. Pour a small amount of enchilada sauce into the bottom of the casserole and then cover with tortillas. Add a layer of filling, sprinkle with cheese (and olives and chilies if desired) and another layer of tortillas. Repeat layers until ingredients are done. Bake at 350 degrees for 30 minutes.

Makes 10 Servings

Serving Size: 4x2 inch piece

Nutrients per serving:

Calories: 268

Total fat: 10 grams

Saturated fat: 5 grams

Cholesterol: 28 mg

Sodium: 273 mg

Carbohydrate: 36 grams

Protein: 12 grams

Dietary fiber: 7 grams

*For a non-dairy version, substitute 10 ounces silken tofu for the cheese. Add water to the tofu until the consistency is like sour cream.

Makes 10 Servings

Serving Size: 4x2 inch piece

Nutrients per serving:

Calories: 273

Total fat: 11 grams

Saturated fat: 5 grams

Cholesterol: 26 mg

Sodium: 185 mg

Carbohydrate: 36 grams

Protein: 10 grams

Dietary fiber: 8 grams