

Easy Enchiladas—6 Servings

Did you know? Recent research has shown that beans have antioxidants which help in the prevention of heart disease and cancer.

1- 16 oz can fat free refried beans
1- 10 oz can enchilada sauce
6 ounces (1 1/2 cups) reduced fat shredded cheese
6- 8 inch flour tortillas
Cooking spray

Heat oven to 375 degrees. Combine refried beans, 1 cup cheese and 1/3 can enchilada sauce. Spoon filling onto tortillas; roll up and place seam-side down in baking dish lightly sprayed with cooking spray. Pour remaining enchilada sauce over top; sprinkle with remaining cheese. Pour remaining enchilada sauce over top; sprinkle with remaining cheese. Bake for 15 to 20 minutes.