

Vegetable Enchiladas

Makes 8 servings

1 large onion, diced	1 large can tomato sauce (32 oz)
2 cloves garlic, diced	2 tsp cumin & chili powder
1 lb. fresh green beans, diced	¼ cup cilantro, chopped
2 med. Zucchini, shredded	3 cups shredded Jack cheese
2 med. Carrots, shredded	16 whole wheat flour tortillas

In a large pan, sauté onion & garlic for 5 minutes. Add chopped green beans, cover and simmer until tender. Add shredded zucchini and carrot; stir to mix well. Cover and simmer for 5-7 minutes until tender. Remove from heat. Add ¼ cup tomato sauce to vegetables and mix well. Mix in 2 tsp cumin and cilantro. In a tortilla, place about 1 oz of cheese in a line down the middle; add a spoonful of vegetable mix, and roll up. Place seam-side down on a non-stick baking dish. Top with the remainder of the tomato sauce mixed with the chili powder. Top with any remaining cheese. Bake at 350 for 30-40 minutes