

PREPARATION: 45 MINUTES

COOKING: 20 MINUTES

4 SERVINGS

ENCHILADAS WITH BLACK BEANS



Very high source of fibre

INGREDIENTS

Filling

1 tablespoon olive oil

¾ cup onion, diced

2 cups red bell pepper, diced

1 cup black beans (½ of 540 ml can), rinsed and drained

1 cup cooked chicken, cubed

1 tablespoon lime or lemon juice

½ tablespoon olive oil (to coat oven dish)

½ cup mozzarella cheese, grated (< 20 % M.F.)

4 large whole wheat tortillas

Sauce

1 tablespoon olive oil

1 tablespoon flour

1 tablespoon Mexican chili no salt seasoning

1 cup no salt added chicken stock

For serving

¼ cup plain Geek yogurt, 0%

2 tablespoons fresh cilantro, chopped

Nutrient Analysis

PER SERVING:

¼ of recipe

RENAL EXCHANGE:

3 Protein + 2 Starch + 1 Vegetable

Calories **447 Kcal**

Protein **26 g**

Carbohydrates **49 g**

Fibre **8 g**

Total Fat **16 g**

Saturated Fat **4 g**

Cholesterol **45 mg**

Sodium **406 mg**

Potassium **521 mg**

Phosphorus **352 mg**

PREPARATION

- 1 In a frying pan, heat 1 tablespoon olive oil over medium-high and sauté onion and peppers (5 minutes). Set aside.
- 2 In a small bowl, mash half of the black beans (½ cup).
- 3 In a medium saucepan, prepare the sauce. Heat 1 tablespoon olive oil over medium heat. While stirring, add flour and chili seasoning. Add the chicken stock and continue stirring until the sauce is creamy. Reserve ½ cup of the sauce in another container.
- 4 Add the cooked onion, peppers, black beans (mashed and whole beans) and the chicken to the remaining sauce in the saucepan. Add the lime juice. Stir and continue cooking for 4–5 minutes. Set aside.
- 5 Heat the oven to 350°F. Coat an oven-proof dish with ½ tablespoon oil.
- 6 Place the tortillas on a clean surface. Add ¼ of the sauce to each tortilla and fold them. Place the rolls, with joints facing the bottom, in the oven-proof dish.
- 7 Pour the reserved ½ cup sauce over the top and garnish with cheese.
- 8 Bake at centre of oven for 10 minutes or until the enchiladas are heated through and the cheese has melted. Garnish with yogurt and cilantro before serving.

Note: As a garnish, try also sliced jalapenos or chopped green onions.