

# Breakfast Enchiladas

- 1 1/4 cups cooked black beans or a 16-ounce can , rinsed and drained
- 1 cup commercial chunky salsa, divided
- 1 1/2 cups frozen egg substitute, thawed , or 3 whole eggs and 3 egg whites
- 1/4 teaspoon salt
- 1/2 teaspoon ground cumin
- 1/8 teaspoon ground red pepper
- olive oil cooking spray
- 1/2 cup fresh or frozen corn kernels
- 1/2 cup sliced green onion
- 6 7-inch whole wheat flour tortillas, warmed
- 1/2 cup shredded reduced-fat Monterrey Jack cheese

Combine black beans and 1/4 cup salsa in a bowl; mix with a fork, mashing beans coarsely. Set aside. Combine egg substitute and spices in a bowl; mix well Coat a large non-stick skillet with cooking spray; place over Medium heat. Add corn and green onion; saute 2 minutes. Pour egg mixture evenly in skillet; cook; stirring occasionally, until set. Spoon bean mixture evenly down centers of tortillas; spoon egg mixture evenly on top of bean mixture. Sprinkle evenly with cheese. Roll up; place seam side down in a 12x8x2-inch baking dish; cover with foil and bake at 350 degrees F. for 10 to 15 minutes or until hot. To serve, top each enchilada with 2 tablespoons remaining salsa.

**Servings: 6**

**Preparation time: 20 minutes**

**Cooking time: 10 minutes**

## Nutrition Facts

Serving size: 1 serving

Percent daily values based on a 2000 calorie diet.

Nutrition information calculated from recipe ingredients.

Amount Per Serving	
<b>Calories</b>	374.27
Calories From Fat (29%)	108.38
<b>% Daily Value</b>	
<b>Total Fat</b> 12.20g	<b>19%</b>
Saturated Fat 3.26g	<b>16%</b>
<b>Cholesterol</b> 7.32mg	<b>2%</b>
<b>Sodium</b> 978.29mg	<b>41%</b>
<b>Potassium</b> 704.39mg	<b>20%</b>
<b>Carbohydrates</b> 45.85g	<b>15%</b>
Dietary Fiber 10.42g	<b>42%</b>
Sugar 4.49g	
Sugar Alcohols 0.00g	
Net Carbohydrates 35.43g	
<b>Protein</b> 21.49g	<b>43%</b>

## Ingredient Links

In order to calculate nutrition information for a recipe using its ingredients the recipe ingredients need to be linked to the ingredients in the ingredient database. The table below shows how the recipe ingredients are currently linked.

Recipe Ingredient	Linked To
1 1/4 cups cooked black beans or a 16-ounce can , rinsed and drained	1.25 x 1 lb of Beans, black, mature seeds, cooked, boiled, with salt
1 cup commercial chunky salsa, divided	1 x 1 cup of Sauce, ready-to-serve, salsa
1 1/2 cups frozen egg substitute, thawed , or 3 whole eggs and 3 egg whites	1.50 x 1 cup of Egg substitute, frozen
1/4 teaspoon salt	0.25 x 1 teaspoon of Salt, table
1/2 teaspoon ground cumin	0.50 x 1 teaspoon of Spices, cumin seed
1/8 teaspoon ground red pepper	0.13 x 1 teaspoon of Spices, pepper, red or cayenne
olive oil cooking spray	4 x 1 second spray of Cooking spray, vegetable oil
1/2 cup fresh or frozen corn kernels	0.50 x 1 cup of Corn, sweet, yellow, frozen, kernels, cut off cob, boiled, drained, with salt
1/2 cup sliced green onion	0.50 x 1 cup, chopped of Onions, green, spring or scallions (includes tops and bulb), raw
6 7-inch whole wheat flour tortillas, warmed	6 x 1 tortilla medium (approx 6" dia) of Tortillas, ready-to-bake or -fry, flour
1/2 cup shredded reduced-fat Monterrey Jack cheese	0.50 x 1 cup, shredded of Cheese, monterey, low fat

## Cooking Tips

To lower the fat and sodium content of my recipe at home, I used the canned Bearitos brand, low fat, no salt added organic refried

beans.

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