

## Black Bean and Chicken Enchiladas

Serves: 4 Serving Size: 2 enchiladas

- 1 tsp olive oil
- 35 g yellow or white onion, finely chopped
- 2 garlic cloves, minced
- 115 g boneless, skinless chicken breasts, cut into strips
- 3/4 tsp ground cumin
- 1/4 tsp salt
- 240 ml canned black beans, rinsed and drained
- 120 g fresh or frozen and thawed yellow corn
- 60 g plus 1 T chopped cilantro, divided
- 180 ml prepared salsa, green or red, divided
- 8 (25g each) corn or flour tortillas
- 20 g shredded cheddar cheese



1. Preheat oven to **190°C**.
2. Heat **oil** in over **medium heat** in a large nonstick skillet.
3. Add the **onion, garlic, chicken, cumin** and **salt**. Cook, stirring often, **for 3–5 minutes** or until chicken is cooked through.
4. Stir in the **black beans** and **corn**; cook **for 1 minute**. Remove from heat, and stir in ¼ C **cilantro** and 3 T of the **salsa**.
5. Stack tortillas on a plate; cover with damp paper towel. **Microwave at 600W for 15 to 30 seconds** until hot and pliable.
6. Lightly coat a 23-by-33-cm baking dish with cooking spray. Spoon a heaping ⅓ C of the **chicken mixture** in center of a tortilla. Roll up, and arrange in baking dish. Repeat with the remaining tortillas. Spoon the remaining **salsa** over the enchiladas.
7. Sprinkle evenly with **cheese**, then **bake for 30 minutes**, or until hot and bubbly.
8. Before serving, garnish with remaining 1 T of **cilantro**.

Toppings:

cilantro, avocado, scallions, salsa, black olives