

## Black Bean and Tofu Enchilada Skillet

Serves 2-3

- 2¼ tsp extra-virgin olive oil
- 62 g yellow onion, chopped (½ medium)
- 50 g red bell pepper, chopped (½ medium)
- 165 g firm tofu, patted dry and cubed
- 2-3 cloves garlic, finely minced
- 183 ml red enchilada sauce (homemade, lightened)
- 180 g black beans, rinsed
- 60 g corn tortillas, each cut into wedges
- 47 g shredded cheddar cheese
- 1 radish, thinly sliced (optional)
- 1T chopped fresh cilantro
- 10 g jalapeño pepper, thinly sliced
- 30 g Greek yogurt
- 31 g avocado, sliced
- 50 g tomato, chopped (about ½ medium)



1. Heat **oil** in a large skillet over **medium-high heat**.
2. Add **onion** and **bell pepper**; cook, stirring occasionally, until the vegetables begin to soften, **about 4 minutes**.
3. Add **tofu**; cook, stirring often, until the tofu is lightly browned and crispy in spots, **8 to 10 minutes**.
4. Add **garlic**; cook and stir until fragrant, **about 1 minute**.
5. Remove from heat. Stir in **enchilada sauce** and the **black beans**.
6. Fold in **tortilla wedges** until evenly combined.
7. Top with cheese.
8. Broil until the cheese is melted, about 3 minutes (or use a torch)
9. Top with sliced radishes, chopped cilantro and sliced jalapeño.
10. Dollop with Greek yogurt, sliced avocados and chopped tomatoes.

 Nutrition Per Serving (of 2.5 servings) – About 340-350 grams per serving

Calories: ~367 kcal  
Protein: ~23.5 g  
Fat: ~16.6 g  
    Sat fat: 4.9g  
Carbohydrates: ~35.5 g  
    Sugars: 5.1  
    Fiber: ~8.4 g  
Sodium: 440-460mg