

**MICRO BLACK-BEAN ENCHILADAS** FROM LHJ ONLINE <http://www.lhj.com>

This vegetarian supper is cooked from start to finish in the microwave.

Prep time: 15 minutes

Microwave time: 10 minutes

Degree of difficulty: Easy

- 1 cup chopped onions
- 1 tablespoon minced garlic
- 2 teaspoons chili powder
- 2 teaspoons cumin
- 1/4 teaspoon oregano
- 1/4 teaspoon salt
- 1/8 teaspoon ground red pepper
- 1 can (14 oz.) tomatoes, chopped, with juice
- 2 cans (15 oz. or 16 oz. each) black beans, drained and rinsed
- 6 (7-inch) flour tortillas
- 2 cups shredded Monterey jack cheese, divided
- 1 can (4 oz.) chopped green chilies, drained
- 1/4 cup chopped green onion
- 2 tablespoons chopped fresh cilantro or parsley

1. Combine onions and garlic in medium microwaveproof bowl. Cover with wax paper or plastic wrap, turning back one section to vent. Microwave on High 2 minutes. Stir in chili powder, cumin, oregano, salt and red pepper. Cover and microwave 1 minute. Stir in tomatoes; microwave, uncovered, 3 minutes more. Transfer 1 cup tomato mixture to another bowl, add beans and toss to combine. Reserve the remaining mixture for topping.

2. For each enchilada, sprinkle 1/4 cup cheese down center of 1 tortilla. Top with 1 heaping tablespoon green chilies and 1/2 cup black-bean mixture. Roll up and place seam side down in 13x9-inch microwaveproof casserole. Repeat with remaining tortillas and ingredients. Spoon remaining tomato mixture over enchiladas; sprinkle with remaining 1/2 cup cheese. Cover and microwave 4 minutes, turning dish once halfway through, until heated through. Sprinkle with green onion and cilantro. Makes 6 servings.

**PER SERVING**

Calories 320  
Total Fat 14 g  
Saturated Fat 7 g  
Cholesterol 40 mg  
Sodium 857 mg  
Carbohydrates 32 g  
Protein 18 g  
Calcium 375 mg  
Fiber 6 g