

▲ White Bean Enchiladas

"I love experimenting in the kitchen, and I'm always on the lookout for low-fat ideas. I once came across a lasagna recipe that called for white beans instead of cheese; that's what inspired this dish. These enchiladas are really easy to make, and you can put them together up to a day ahead. They reheat well in the microwave, too."

—Lisa Springs, San Mateo, Calif.

- 2 tablespoons fat-free sour cream
- 1 (16-ounce) can cannellini beans or other white beans, rinsed and drained
- ½ cup (2 ounces) preshredded reduced-fat Mexican blend or cheddar cheese, divided
- 2 tablespoons canned chopped green chiles
- 1 tablespoon sliced green onions
- 1 tablespoon chopped fresh cilantro
- 1 teaspoon ground cumin
- 1 (10-ounce) can enchilada sauce (such as Old El Paso), divided
- ¼ cup water
- 6 (6-inch) corn tortillas

Cooking spray

- 1 tablespoon minced fresh cilantro (optional)

1. Preheat oven to 350°.
2. Combine the sour cream and beans in a food processor; process until almost smooth. Stir in $\frac{1}{4}$ cup cheese, chiles, onions, chopped cilantro, and cumin.
3. Combine $\frac{1}{3}$ cup enchilada sauce and $\frac{1}{4}$ cup water in a small nonstick skillet over medium-low heat. Dip one tortilla in the sauce mixture to soften; transfer to a plate. Spread $\frac{1}{4}$ cup bean mixture down center of tortilla; roll up. Place roll, seam side down, in an 11 x 7-inch baking dish coated with cooking spray. Repeat procedure with remaining tortillas and bean mixture. Add remaining sauce to pan; cook 1 minute. Spoon over enchiladas; sprinkle with $\frac{1}{4}$ cup cheese.
4. Bake at 350° for 30 minutes or until bubbly. Sprinkle with minced cilantro, if desired. Yield: 3 servings (serving size: 2 enchiladas).

CALORIES 372 (19% from fat); FAT 8g (sat 1.6g, mono 2.1g, poly 3.6g); PROTEIN 17.5g; CARB 60.5g; FIBER 6.2g; CHOL 3mg; IRON 3.9mg; SODIUM 1,076mg; CALC 291mg.