Enchiladas
RECIPE

Enchiladas

COOK TIME	35 min
PREP TIME	5 min
MAKES	12 servings

Taco Tuesday who? These Enchiladas made with our Brown Jasmine Rice with Cilantro and Lime are a simple but delicious weekday meal.

INGREDIENTS

- 1 package of SEEDS OF CHANGE™ Organic Brown Jasmine Rice with Cilantro and a Hint of Lime
- 1 1/2 cups sweet corn kernels, frozen
- 4 cups chopped kale
- 1 medium jalapeno
- 1 Tbsp. taco seasoning
- 12 6 inch flour tortillas, reduced sodium
- 1 can refried beans, warmed
- 1/3 cups shredded cheese
- 1/2 cups cilantro, chopped
- 1 1/2 cups enchilada sauce
- Sour cream (optional)

DIRECTIONS

1. Preheat the oven to 375F. Heat a drizzle of oil in a nonstick skillet. Add in the corn, jalapeño and kale and sauté for 5-7 minutes. Add in the taco spice. Season to taste.
2. Prepare Brown Jasmine Rice with Cilantro and Lime per package instructions. Add the rice into the skillet with the veggies. Stir to combine.
3. Lay a tortilla flat, and spread a layer of the refried beans on the inside. Add a sprinkle of shredded cheese, followed by 1/3 cup of the rice and vegetable mixture. Roll it up and place it in an oven safe dish (we used a glass container for meal prep ease). Repeat until all of the tortillas and filling is gone. Pour 1/2 cup enchilada sauce overtop each filled container.
4. Bake for 15 minutes. Remove from the oven and garnish with a drizzle of sour cream and cilantro. Reheat in the microwave for lunch or dinner!

NUTRITION INFO

Column 1	Column 2
Servings	4
Calories (per serving)	470
Total Fat	11g
Saturated Fat	4.5g
Trans Fat	0g
Total Fat % DV	14%
Saturated Fat % DV	23%
Trans Fat % DV	0%
Cholesterol	5mg
Cholesterol % DV	2%
Sodium	590mg
Sodium % DV	26%
Total Carbohydrate	81g
Dietary Fiber	3g
Sugars	5g
Total Carbohydrates % DV	29%
Dietary Fiber % DV	11%
Protein	14g

You might also love...



Caprese stuffed eggplant with balsamic drizzle

Cook time

5 min

Prep time

20 min



Dutch baby

Cook time

35 min

Prep time

5 min



Phyllo wrapped chicken & rice bundles

Cook time

15 min

Prep time

15 min

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