



Bean- and- Corn Enchiladas

**YIELD: 5 SERVINGS (3 TORTILLAS
PER SERVING)**

INGREDIENTS

- 1 (15 ounce) can pinto beans, rinsed and drained
- 1 (11 ounce) can sweet white and yellow corn, rinsed and drained
- ¼ cup grated onion
- 2 cloves garlic, minced
- 1 ¼ cups (5 ounces) shredded reduced- fat sharp Cheddar Cheese, divided
- 2 (10 ounce) cans enchilada sauce, divided
- 15 soft corn tortillas
- Cooking Spray

DIRECTIONS

1. Combine first 4 ingredients in a medium bowl. Stir in ½ cup cheese and ¼ cup enchilada sauce. Set aside.
2. Heat tortillas according to package directions. Spread about 2 tablespoons bean mixture down center of each tortilla and roll up. Place enchiladas, seam sides down, in a 13x9 inch baking dish coated with cooking spray. Spread remaining enchilada sauce over enchiladas and sprinkle with remaining ¾ cup cheese.
3. Cover and bake at 375 degrees for 25 minutes or until bubbly.



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Cheesy Scalloped Onions

YIELD: 6 SERVINGS

INGREDIENTS

- 4 large Vidalia or other sweet onions, thinly sliced
- 2 tablespoons reduced-calorie stick margarine
- 2 tablespoons all-purpose flour
- 1 ½ cup skim milk
- ½ cup (2 ounces) shredded 50% less-fat sharp Cheddar cheese
- 1 tablespoon plus 1 teaspoon chopped fresh parsley
- ½ teaspoon dry mustard
- ¼ teaspoon salt
- ¼ teaspoon freshly ground pepper
- Vegetable cooking spray
- 1 ½ tablespoons soft breadcrumbs, toasted
- Chopped fresh parsley (optional)

DIRECTIONS

1. Separate onion into rings. Cook onion in boiling water to cover 5 minutes or until tender. Drain well.
2. Melt margarine in a medium saucepan over medium heat; add flour. Cook 1 minute, stirring constantly with wire whisk. Gradually add milk, stirring constantly. Cook, stirring constantly, an additional 10 minutes or until thickened and bubbly.
3. Add onion, cheese and next 4 ingredients; stir well.
4. Spoon mixture into shallow 1 1/2 -quart casserole coated with cooking spray; sprinkle with breadcrumbs. Bake, uncovered, at 375 degrees for 20 minutes or until bubbly. Sprinkle with parsley, if desired.
5. Microwave Directions: Separate onion into rings. Arrange onion in a shallow 1 1/2 -quart casserole; add 3 tablespoons water. Cover with heavy-duty plastic wrap, and vent. Microwave at HIGH 6 to 8 minutes or until onion is tender; drain. Place margarine in a medium-size microwave-safe bowl. Microwave, uncovered, at HIGH 30 seconds or until margarine melts. Add flour; stir until smooth. Gradually add milk, stirring well. Microwave uncovered, at HIGH 3 to 4 minutes or until mixture is thickened, stirring after every minute. Stir in onion, cheese, and next 4 ingredients. Spoon onion mixture into a shallow 1 1/2 -quart casserole coated with cooking spray; sprinkle with breadcrumbs. Microwave at HIGH 4 to 5 minutes or until bubbly, rotating a half-turn after 2 minutes. Sprinkle with parsley, if desired.