

Pumpkin Enchiladas

1/2 of recipe (1 enchilada): 197 calories, 5g total fat (2g sat fat), 774mg sodium, 30.5g carbs, 5.5g fiber, 6.5g sugars, 7.5g protein

Ingredients:

- 1/3 cup chopped onion
- 2/3 cup canned pure pumpkin
- 1 1/2 tbsp. taco sauce
- 1 tsp. taco seasoning mix
- 2 medium-large corn tortillas
- 3/4 cup red enchilada sauce
- 1/4 cup shredded fat-free cheddar cheese
- Optional seasonings: salt, black pepper, light sour cream, chopped scallions

Directions:

1. Preheat oven to 400 degrees. Spray an 8-inch by 8-inch baking pan with nonstick spray.
2. In a small skillet cook and stir onion until slightly browned, about 2 minutes. Transfer to a medium bowl and add pumpkin, taco sauce, and taco seasoning, and mix well.
3. Spread ¼ cup enchilada sauce onto the bottom of the pan Top with pumpkin mixture. Tightly wrap up each tortilla and place in the baking pan, seam side down.
4. Top with remaining 1/2 cup enchilada sauce. Bake until hot, 10 - 12 minutes.
5. Sprinkle with cheese and bake until melted, about 2 minutes.

