

# Lean Black Bean Enchiladas Supreme

## Ingredients

Serves 4

12 large cabbage leaves  
1 large onion, chopped  
3 garlic cloves, chopped  
1 tbsp chili powder  
1 tsp cumin  
2 cups black beans, rinsed and drained  
1 cup cooked quinoa  
1/3 cup 1% cottage cheese  
1 cup fire-roasted diced tomatoes  
3/4 cup enchilada sauce  
3/4 cup shredded 2% cheese, Monterey jack or Mexican blend



## Directions

Preheat oven to 350°F. Spray 2 13 x 9-inch baking pans with nonstick spray.

In a large saucepan, add 4 cups of water and bring to boil. Remove core from cabbage and carefully peel off 12 leaves. Remove from heat. Place cabbage leaves into water for 5-10 minutes or until soft. Remove cabbage leaves using tongs and place leaves on paper towels.

Spray a large skillet with nonstick spray. Sauté onions for about 5-6 minutes over medium heat. Add garlic, chili powder, cumin, black beans, and quinoa. Cook for another 2-3 minutes, stirring often. Remove from heat. Add cottage cheese and diced tomatoes and mix until well combined.

Add 1/4 cup of enchilada sauce to bottom of pan and spread evenly. Fill each cabbage leaf with an equal amount of filling, about 1/3 cup each. Fold enchilada and place seam-side down into baking pan. Repeat with all cabbage leaves. Pour remaining enchilada sauce evenly over enchiladas.

Top with shredded cheese. Cover with aluminum foil and bake for 15-20 minutes or until bubbly on top. Serve hot.