



Black Bean Enchiladas with Pumpkin Sauce



Mixing canned pumpkin puree into red enchilada sauce both tones down the sauce's spiciness and adds an extra boost of vitamins and fiber. This recipe comes to us from our friends at [Meal Makeover Moms](#).

Ingredients: (makes 8)

- 1 tablespoon expeller pressed canola oil
- 6 green onions, chopped (white and light green parts only)
- One 6-ounce bag baby spinach, roughly chopped
- 1 teaspoon ground cumin
- 1/2 teaspoon chili powder
- 2 cups shredded reduced-fat Cheddar cheese, divided
- One 15-ounce can black beans, drained and rinsed
- 1 cup frozen corn kernels, thawed
- 1/2 cup roughly chopped fresh cilantro
- One 15-ounce can enchilada sauce (mild, medium, or hot)
- 1/2 cup canned 100% pure pumpkin
- Eight 8-inch whole wheat flour tortillas

Instructions:

Adult: Preheat the oven to 375°F.

Kid: Lightly oil or coat a 9 x 13-inch baking pan or dish with nonstick cooking spray and set aside.

Adult: Heat the oil in a large nonstick skillet over medium heat.

Together: Add the green onions and cook, stirring frequently, until softened, 3 minutes. Add the spinach, cumin, and chili powder and continue to cook, stirring frequently, until wilted, 3 more minutes.

Adult: Transfer the cooked veggies to a large bowl and set aside to cool, about 5 minutes.

Kid: When cool, stir in 1 cup of the cheese, beans, corn, and cilantro until well combined.

Together: Meanwhile, place the enchilada sauce and pumpkin in a medium-size bowl and whisk until well combined. Spread 1/2 cup of the mixture evenly on the bottom of the prepared baking pan.

Together: To assemble the enchiladas, place 1/2 cup of filling down the center of each flour tortilla. Roll up tightly, tucking in the ends, and place seam side down in the dish.

Together: Cover evenly with the remainder of the sauce, sprinkle with the remaining 1 cup cheese, and bake, uncovered, until bubbly, about 20 minutes.

Food For Thought!



Cinco de Mayo means May 5th in Spanish. It's a holiday that originated on May 5th, 1862 when Mexico had an unexpected victory in the Battle of Puebla. Today, Mexicans and Americans observe the holiday as a celebration of Mexican heritage and pride, often by eating Mexican foods. Cinco de Mayo isn't Mexico's independence day, though, that's September 16th.

Cooking Tip of the Week

Don't like cilantro? It might be genetic. Some people may have a gene causes cilantro to taste like soap. Feel free to leave it out or substitute another herb.

Conversation Starter

What does being independent mean to you? Are there things you are looking forward to doing on your own when you get older?



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