



Black Bean and Avocado Enchilada

Mashed black beans with avocado wrapped with tortillas and baked with red chili sauce

Yield: 6

2 Tbsp	Olive Oil
1 cup	Diced Onions
1 Tbsp	Minced Garlic Cloves
1/4 tsp	Kosher Salt
1/4 oz	Dried Mexican Oregano
1/2 tsp	Ground Cumin
1/2 tsp	Chili Powder
1/8 tsp	Ground Black Pepper
1-1/2 cups	Black Beans, Canned, Drained, Rinsed
3 cups	Diced Avocado
12 each	6" Corn Tortillas
1 cup	Canned Red Enchilada Sauce
1/4 cup	Chopped Cilantro



Heat oil in pan and sauté onions and garlic. Add the salt, spices and black beans. Cook until heated through. Place in a food processor and pulse to mash. Leave coarsely ground. Transfer to a bowl and gently fold in diced avocados. Set aside. Heat tortillas to make pliable either in a steamer, microwave or oven. Pour a quarter of the Enchilada sauce into a baking pan and spread evenly. Roll 1/3 cup of filling into each tortilla and place seam down into pan. Pour remaining sauce on top. Bake covered at 350F degrees until heated through, about 20-30 minutes. Serve garnished with fresh chopped cilantro.

Chef's Note: Canned black beans offer convenience but are loaded with sodium. Rinsing in water lowers the total. For more great avocado recipes and info visit www.californiaavocado.com.

Calories (kcal)	Protein (g)	Carbohydrate (g)	Total Fat (g)	Cholesterol (mg)	Sodium (mg)	Sat Fat (g)	Dietary Fiber (g)
375.1	9.8	48.1	18.5	0	503.9	2.6	13.5