

Pineapple-Black Bean Enchiladas

2 teaspoons canola oil
1 large onion, chopped
1 medium red bell pepper, chopped
20 ounces pineapple chunks in juice (tidbits - drained)
1/3 cup pineapple juice, drained from can
15 ounces cooked black beans, drained
4 1/2 ounces chopped green chili
teaspoon salt
1/2 cup cilantro, chopped
3 cups nonfat cheese, shredded
10 ounces enchilada sauce, mild
8 flour tortillas, 8' - 9"
1/2 cup sour cream, light
8 teaspoons cilantro, for garnish

(I used olive oil) Heat oven to 350 degrees. Coat a 9 x 13" baking dish with cooking spray. In a large nonstick skillet, heat oil on medium. Add onion and bell pepper (I used red and green). Cook 4-6 minutes or until softened. Stir in pineapple, beans, green chilies and salt. Cook and stir until thoroughly heated. Remove skillet from heat. Stir in 1/2 cup cilantro and 2 cups of the cheese. Spread 1 tablespoon enchilada sauce onto each tortilla. (I use Mission Carb Balance - very high fiber, low cal tortillas). Spoon about 3/4 cup vegetable mixture over sauce on each. Roll; place seam side down in baking dish. In small bowl, mix reserved pineapple juice and remaining enchilada sauce; pour over entire surface of enchiladas. Sprinkle with remaining 1 cup cheese. Cover tightly with nonstick foil.

Bake 25-30 minutes; remove foil. Bake 5-10 more minutes or until cheese is melted and sauce is bubbly. Top each enchilada with 1 tablespoon sour cream and 1 teaspoon cilantro. Serve immediately.