

DAY 3 RECIPES

Bean and Cheese Enchiladas *Makes 4 servings*

- 3 ½ cups cooked pinto beans or 2-15 ounce
canned beans, low sodium
- 1/4 cup reduced fat Monterey Jack cheese
- 1 Tablespoon chili powder
- 8 - 6 inch corn tortillas
- Shredded lettuce (optional)
- Salsa (optional)



1. Place beans in a large bowl and mash coarsely with a fork or potato masher; stir in chili powder.
2. Wrap tortillas in a damp paper towel. Microwave on high for 45 seconds, or until tortillas are soft and warm.
3. Divide bean mixture among tortillas and sprinkle mixture with cheese.
4. Roll tortillas to enclose mixture.
5. Spray a 9"x13" baking dish with non-stick cooking spray.
6. Place enchiladas, seam side down, into baking dish.
7. Cover with foil and bake at 350 degrees for 20 minutes or until heated through.
8. Serve warm with salsa and lettuce.

Beef Stir Fry *Makes 6—1 cup servings*

- 1 pound round steak, trimmed
- 1 Tablespoon oil
- 1 Tablespoon soy sauce, reduced sodium
- ½ teaspoon garlic powder
- ½ teaspoon cornstarch
- 16 ounces frozen vegetables, any type

1. Preheat oil in large nonstick skillet or wok on high heat.
2. Slice steak thinly into bite sized pieces. Put in skillet to brown.
3. Reduce to low heat and simmer for 10 minutes.
4. Combine soy sauce, garlic powder and cornstarch in small bowl.
5. Stir in vegetables and soy sauce.
6. Allow to steam until tender.
7. Serve over rice.