



Bean & Cheese Eggplant 'Chiladas



1/2 of recipe (3 enchiladas): 202 calories, 7.5g total fat (3.5g sat. fat), 642mg sodium, 27g carbs, 10g fiber, 10.5g sugars, 10g protein

Prep: 10 minutes **Cook:** 45 minutes



Ingredients

Six 1/2-inch-thick eggplant slices (cut lengthwise from the center of 2 medium eggplants)
1/2 tsp. ground cumin
1/2 tsp. chili powder
1/3 cup refried beans
1/3 cup plus 2 tbsp. red enchilada sauce
2 tbsp. light/reduced-fat cream cheese
1/4 cup shredded reduced-fat Mexican-blend cheese
Optional toppings: light sour cream, chopped scallions, sliced black olives

Directions

Preheat oven to 375 degrees. Spray a baking sheet and an 8" X 8" baking pan with nonstick spray.

Lay eggplant on the baking sheet, and sprinkle with 1/4 tsp. each cumin and chili powder.

Bake until slightly softened and lightly browned, about 12 minutes per side.

Meanwhile, in a medium bowl, prepare filling. Combine beans, 2 tbsp. enchilada sauce, cream cheese, and remaining 1/4 tsp. each cumin and chili powder. Mix until mostly smooth and uniform.

Lay eggplant slices vertically on a dry surface. Distribute filling among the bottoms of the slices. Carefully roll up each slice over the filling, and place in the baking pan, seam side down. If needed, use toothpicks to secure.

Evenly top with remaining 1/3 cup enchilada sauce. Bake until hot and bubbly, about 15 minutes.

Sprinkle with shredded cheese. Bake until melted, about 3 minutes.

MAKES 2 SERVINGS

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