



Veggie Enchiladas with Avocado Crema



If enchiladas are one of your family's restaurant faves, why not make a healthy version at home? This tasty dish features protein-packed black beans and edamame. This recipe comes to us from our friends at [Dole](#).

Ingredients: (serves 4)

- 1 (15 oz.) can red enchilada sauce
- 1 (15 oz.) can black beans
- 1/2 cup shelled edamame
- 1/2 cup shredded carrot
- 1/4 red bell pepper
- 3 green onions
- 1/3 cup instant brown rice
- 4 (8" diameter) whole wheat tortillas
- 1 ripe avocado
- 1/2 lime
- Salt

Instructions:

Adult: Preheat the oven to 350°F.

Together: Coat an 8 x 8 baking dish with cooking spray. Spread 1/2 cup enchilada sauce in the bottom of the dish.

Kid: Place 1/3 cup sauce and half the beans in a large bowl. Mash together until a loose paste forms.

Together: Add remaining beans, edamame, carrots, bell pepper, green onions, and brown rice.

Together: Mix well and divide equally among the tortillas. Roll tortillas and arrange seam-side down baking dish.

Kid: Cover with remaining sauce.

Adult: Bake, covered for 45 minutes. Uncover and bake 10 minutes longer. Remove from oven and let dish rest for 10 minutes.

To make the crema:

Together: Combine the avocado, lime juice, and a generous pinch of salt in the work bowl of a food processor. With the motor running, add the water. Serve with the enchiladas instead of sour cream.

Food For Thought!

Edamame (ay-duh-MAH-may) is a fun word that means young soy beans. You'll often see a bowl of unshelled edamame served with salt as an appetizer in Asian restaurants. This recipe calls for shelled edamame, so you can either shell the pods yourself or purchase pre-shelled beans. Look for edamame in the frozen foods section.



Cooking Tip of the Week

You can easily shred carrots using a box grater or the grater attachment of a food processor, but to save time, look for pre-bagged shredded carrots. They're just as nutritious and typically stay fresh for several weeks.

Conversation Starter

What is your favorite thing to order in a restaurant? Should we try to cook our own version at home?



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