

# Lentil Enchiladas with Fresh Salsa

Servings: 6

## Ingredients

### Filling:

- ½ c. lentils
- 1 c. vegetarian (or other) broth
- 1/3 c. chopped green onion
- 2 Tbl. Red wine vinegar
- ½ tsp. cumin
- ¾ c. cubed avocado
- 4 small corn tortillas
- ½ c. shredded cheddar cheese

### Salsa:

- 1½ c. chopped tomatoes
- ¾ c. frozen corn, thawed and drained
- 2 Tbl. Chopped cilantro
- 2 cloves garlic, finely minced
- Juice of one fresh lime
- (optional) Jalapeno pepper to taste

## Directions:

1. Preheat oven to 375
2. Place lentils and broth in a large saucepan, and bring to a boil. Immediately reduce heat to a simmer. Cover and cook until lentils are tender and liquid is absorbed, about 30 minutes.
3. Meanwhile, except for lime juice, place salsa ingredients in a medium-bowl, stir to combine, and set aside.
4. Once lentils finish cooking, add rest of filling ingredients.
5. Lightly oil an 8x8 baking dish. Fill each tortilla with 1/3 cup lentil mixture, wrap, and place seam side down in baking dish, sprinkle with cheese, and bake until cheese melts, about 10 minutes.
6. Add lime juice to salsa and mix in.
7. Serve enchiladas with salsa

## Nutrition: (Serving size: 1 plate)

Calories: 260  
saturated fat: 3g

protein: 9.5g  
sodium: 211mg

total carbohydrate: 34g  
dietary fiber: 6g

total fat: 10g  
sugars: 3.5g