

Bean and Veggie Enchiladas

with the Super Crew®!



the
Super Crew

Tools

- 9-inch square pan
- Medium bowl
- Can opener (for refried beans and enchilada sauce)
- Small non-stick skillet
- Knife (to chop onion)
- Mixing Spoons
- Plates
- Napkins

Ingredients

- Vegetable oil spray
- 1 can (16 oz.) fat-free, reduced sodium refried beans
- 1 cup fresh or frozen (slightly thawed) chopped, mixed color bell peppers
- ½ cup shredded carrots
- 2 Roma tomatoes, chopped
- 1 tsp. olive oil
- 1 small onion, finely chopped (about ½ cup)
- 1 medium garlic clove, minced or finely chopped
- 6 whole-wheat or corn tortillas (approximately 8-inches in diameter)
- ¾ cup (6 oz.) enchilada sauce
- ½ cup shredded low-fat cheddar cheese
- Shredded Romaine lettuce (optional)
- Low-fat or nonfat sour cream (optional)
- Prepared salsa for garnish (optional)
- 2 Portobello mushrooms, thinly sliced (optional)
- 1 Tbsp. of balsamic vinegar (optional)
- 1 Tbsp. of soy sauce (optional)
- 1 tsp. of olive oil (optional)



“Before cooking check out our *Cooking with Kids Tips* to learn how kids can help in the kitchen.”

-Carlos

Directions

- Preheat oven to 350 degrees. Kids can set the timer.
- Have the kids lightly spray a 9-inch square pan with vegetable oil spray; set aside.
- In a medium bowl, combine refried beans, peppers, carrots and tomatoes; set aside.
- Pour olive oil into a small non-stick skillet and heat over medium-high heat until oil is hot.
- Add onions and cook for 2 to 3 minutes or until onions are tender, stirring occasionally.
- Add garlic and cook for 1 to 2 minutes more, stirring.
- Spoon cooked onions and garlic into reserved bean mixture; stir until ingredients are thoroughly mixed.
- Have the kids spoon 1/6 of bean mixture down center of each tortilla; roll up. Place filled tortillas side-by-side, seam side down, in prepared pan.
- Have your children taste the enchilada sauce. Pour over tortillas.
- Bake, uncovered, for 20 minutes; remove from oven and sprinkle with shredded cheese.
- Bake an additional 5 minutes or until cheese is melted and tortillas are heated through.
- If desired, top each tortilla with shredded lettuce, sour cream and salsa.
- Optional: In separate pan, mix balsamic vinegar, soy sauce and olive oil. Add mushrooms and sauté over low heat as directed above until tender, then combine into bean mixture.

Makes 6 servings.
Per serving: 180 calories, 3 g total fat (1 g saturated fat), 33 g carbohydrates, 9 g protein, 8 g dietary fiber, 430 mg sodium.



“I love eating all different kinds of foods like red, yellow and green peppers, black, white and brown beans. But my favorite foods are white and beige foods like garlic and onions, which give food extra flavor.”

-Carlos



Use your own words to fill in the blanks below.

The Super Crew Kids often eat foods with Fight-O-Chemicals to shield themselves from the _____ effects of free radicals! Free radicals harm our _____ and cause diseases like cancer and heart-disease. The best way to make sure _____ is getting plenty of protective Fight-O-Chemicals is by _____ lots of fruits and vegetables! It is helpful when _____ eats lots of different _____ of fruits and vegetables! The many colors of the foods tell us that special compounds exist that _____ our cells and DNA from damage! So besides being tasty, _____ and nutritious, fruits and vegetables are also a strong shield and a great way to make sure you _____ up to be strong and healthy!

Super Baby
Abigail



Carlos



Marcus



Jessie



Penny



Baby Tom Tom



Kira



Andy



Do you have enough Fight-O-Chemicals on your plate?

- Make ½ your plate fruits and vegetables
- Choose 100% whole grains more often
- Eat more plant based proteins
- Choose low-fat or fat free dairy
- Always remember to eat a variety of colors!

Did you know 1 in 3 cancers are avoidable?

- By eating at least 5 servings of fruits and vegetables a day AND doing moderate exercise for at least 30 minutes a day, you can cut your cancer risk dramatically.

Visit www.aicr.org and www.superkidsnutrition.com to learn how to make healthy eating and living easy for your family.