



## Surprise, It's Pumpkin! Enchiladas



1/2 of recipe (1 enchilada): 197 calories, 5g total fat (2g sat. fat), 774mg sodium, 30.5g carbs, 5.5g fiber, 6.5g sugars, 7.5g protein

**Prep:** 10 minutes    **Cook:** 20 minutes

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### Ingredients

1/3 cup chopped onion  
2/3 cup canned pure pumpkin  
1 1/2 tbsp. taco sauce  
1 tsp. taco seasoning mix  
2 medium-large corn tortillas  
3/4 cup red enchilada sauce  
1/4 cup shredded fat-free cheddar cheese  
Optional seasonings: salt and black pepper  
Optional toppings: light sour cream, chopped scallions

### Directions

Preheat oven to 400 degrees. Spray an 8-inch by 8-inch baking pan with nonstick spray.

Bring a skillet sprayed with nonstick spray to medium-high heat. Cook and stir onion until slightly browned, about 2 minutes.

Transfer onion to a medium bowl. Add pumpkin, taco sauce, and taco seasoning, and mix well.

Microwave tortillas for 15 seconds, or until warm.

Spread 2 tbsp. enchilada sauce onto the bottom half of each tortilla. Top with pumpkin mixture. Tightly wrap up each tortilla and place in the baking pan, seam side down.

Top with remaining 1/2 cup enchilada sauce. Bake until hot, 10 - 12 minutes.

Sprinkle with cheese and bake until melted, about 2 minutes.

#### MAKES 2 SERVINGS

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