Ingredients

1 pound ground beef
1 medium onion, chopped
1-2 cups chopped spinach
¾ cup shredded cheddar cheese + ¼ cup for garnish
½ cup plain yogurt
1 teaspoon salt
¼ teaspoon pepper
6 whole wheat or corn tortillas
Sliced green onions for garnish

For the Enchilada Sauce:

1 15-oz. can low-sodium tomato sauce
¼ cup water
1 minced garlic clove
1½ teaspoons chili powder
½ teaspoon oregano
¼ teaspoon cumin

Directions

1. Crumble beef into a 2 quart microwave-safe casserole and stir in the chopped onion.
   Cover loosely and microwave on high for 4-5 minutes until the beef reaches 155° F. Stir every 2 minutes.
2. Once the meat is cooked, stir to break up the meat and drain the extra fat into a spare bowl and throw away when cool.
3. Stir in the spinach, cheese, yogurt, salt and pepper. Cover and set aside.
4. Warm tortillas in the microwave if desired.
5. Spoon ⅓ cup filling into the center and fold up. Lay flat in the casserole pan with the seam facing down.
6. Mix all ingredients for the enchilada sauce in a microwave safe container. Cover and microwave on high for 4-6 minutes.
7. Pour sauce over tortillas and microwave again on high for 7-9 minutes.
8. Garnish with shredded cheese.

Serves: 6 • Serving Size: 1 enchilada • Prep Time: 10 minutes • Cook Time: 15 minutes

Chef Tips

1. Try using ground turkey instead of beef
2. Add extra vegetables such as chopped tomatoes or peppers
3. Try different types of shredded cheese
4. Add red pepper flakes for a little spice
5. This can also be made on the stove top using a sauté pan
6. Use frozen or fresh spinach

Supplies

- 2 quart microwave-safe casserole pan
- 2 mixing spoons
- Knife/cutting board
- Measuring cups and spoons
- Can opener
- Plate(s)
- Bowl
- Microwave-safe container

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Nutrition Facts Per Serving: 380 Calories, 19 g Fat, 26 g Carbohydrate, 25 g Protein, 610 mg Sodium