



Broccoli Cole Slaw Veggie Enchiladas

Servings

6

Calories

360

Prep Time

5 minutes

Total Time

45 minutes

Skill Level

Easy

Ingredients

1 (12 ounces) package Mann's Broccoli Cole Slaw or Rainbow Salad

1 cup cilantro, chopped

$\frac{3}{4}$ cup red onion, diced

1 $\frac{1}{2}$ teaspoon garlic powder

12 tortillas, corn

12 ounces shredded cheese, jack/cheddar combo reduced fat

6 ounces black olives, drained

12 ounces enchilada sauce



The Method

Place bag of Mann's Broccoli Cole Slaw in the microwave on high for 3 minutes. Pour into a bowl. Add garlic powder, onions and cilantro and toss all ingredients together. Wrap tortillas in a paper towel and microwave for 2 minutes.

To assemble, dip entire warm tortilla in enchilada sauce. Fill with mixture of Mann's Broccoli Cole Slaw, a tablespoon of enchilada sauce and shredded cheese. Wrap tightly and place seam down in a baking dish that has been sprayed with non-stick zero calorie cooking oil. Repeat process until all 12 tortillas have been wrapped and placed in the baking dish. Pour remaining enchilada sauce over the tortillas, top with the remaining shredded cheese and sliced black olives. Bake at 350° F for 20-25 minutes. Remove from oven, let stand 5 minutes and serve. Enjoy!



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Nutrition Facts

Serving Size: 274g | Servings: 6

Amount Per Serving

Calories 360 | Calories from Fat 170 | Total Fat 19g (sat 7g trans 0g) | Cholesterol 30mg | Sodium 980mg | Total Carbohydrate 33g |
Dietary Fiber 6g | Sugars 6g | Protein 20g | Vitamin A 30% | Vitamin C 80% | Iron 4% | Calcium 50%