



## From the Kitchen of Executive Chef Jessica VanRoo

### Pumpkin Enchilada Graveyard

Makes 12 enchiladas

*203 calories per serving*

**Description from Living Well UCI Health Blog: [www.ucihealth.org/blog](http://www.ucihealth.org/blog)**

Shredded chicken breast and black beans ensure that this pumpkin dish is chock-full of lean protein. Black beans also are rich in soluble fiber, which helps keep you feeling full longer. In addition, they have a low glycemic index, good for people with diabetes or anyone watching their blood sugar levels. There is also evidence that they may help lower blood pressure and cholesterol levels. Tomato sauce not only enriches the sauce, it also adds plenty of iron, calcium and vitamins A and C that contribute to better overall health.

Not bad for a graveyard!

Total cost: \$15.86/\$1.32 each

#### Pumpkin Enchilada Sauce

- 1 (15 ounces) can pumpkin purée
- 1 (14.5 ounce) can tomato sauce, no salt added
- ½ cup Greek yogurt
- ⅓ cup water or low-sodium chicken broth
- 2 cloves of garlic, minced
- 3 tablespoons chili powder
- 2 teaspoons ground cumin
- 1 teaspoon finely chopped chipotle in adobo (optional)
- Freshly ground salt and pepper to taste

#### Enchilada Filling & Decorations

##### Enchilada Filling

- 2 ½ cups cooked and shredded chicken breast
- 1 (15 ounce) can unsalted black beans, rinsed well and drained
- 2 cups shredded Mexican or Colby jack cheese, divided in half
- 12 soft corn tortillas (or 6-inch flour tortillas)

##### Decorations

- Tortilla chips
- Black gel icing



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#### Instructions

1. Preheat oven to 350 degrees.
2. Coat 9 x 13-inch oven-safe baking dish with cooking spray or brush with oil.
3. In a large bowl, whisk together the enchilada sauce ingredients, taste and adjust seasoning as needed.
4. In a separate bowl, combine shredded chicken, beans, 1 cup shredded cheese and  $\frac{3}{4}$  cup enchilada sauce mix. Add more sauce as desired.
5. Spread thin layer of enchilada sauce in prepared pan.
6. Wrap tortillas in wet paper towels and microwave for 30 seconds or until pliable.
7. Fill each tortilla with about  $\frac{1}{4}$  cup of filling, and roll up to seal.
8. Place filled enchiladas in prepared pan.
9. Pour remaining sauce over enchiladas, then sprinkle with remaining cheese.
10. Bake 20-30 minutes or until cheese is melted and starting to brown.
11. Remove from oven.

Decorate "tombstone" tortilla chips and place strategically among the enchiladas to create a "graveyard" and serve!