

Pumpkin enchilada graveyard

Ingredients

Sauce

- 1 (15 ounce) 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 peppers in adobo sauce (optional)
- Freshly ground salt and pepper to taste

Filling

- 2½ cups cooked and shredded chicken breast
- 1 (15 ounce) can unsalted black beans, drained and rinsed
- 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

Directions

- Preheat oven to 350 degrees.
- Coat 9 x 13 inch oven-safe baking dish with cooking spray or brush with oil.
- In large bowl, whisk together the enchilada sauce ingredients, taste and adjust seasoning as needed.
- In separate bowl, combine shredded chicken, beans, 1 cup shredded cheese, ¾ cup enchilada sauce mix. Add more sauce as desired.
- Spread thin layer of enchilada sauce in prepared pan.
- Wrap tortillas in wet paper towels and microwave for 30 seconds or until pliable.
- Fill each tortilla with about ¼ cup of filling, roll up to seal.
- Place filled enchiladas in prepared pan.
- Pour remaining sauce over enchiladas, then sprinkle with remaining cheese.
- Bake 20-30 minutes or until cheese is melted and starting to brown. Remove from oven.
- Decorate "tombstone" tortilla chips and place in enchiladas to create a "graveyard" and serve!



Nutritional information

Servings: 12

Calories per serving: 203