



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

Green Plan [SmartPoints](#)® value 5*

Blue Plan (Freestyle™) [SmartPoints](#)® value 5*

Purple Plan [SmartPoints](#)® value 5*

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



More: [Lunch & Dinner Recipes](#), [Vegetarian Recipes](#), [30 Minutes or Less](#)

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

[SmartPoints](#)® value* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the [SmartPoints](#)® values* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

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