

## Pinto Bean and Cheese Enchiladas

1	can	refried pinto beans, fat free, 15 oz
1	large	ripe tomato
¼	C+2Tbs	Cilantro, fresh, chopped
1	tsp	cumin, ground
1	jar	Salsa, roasted tomato
8	6 inch	tortillas, warmed to soften
½	C	Mexican Cheese blend, shredded, low fat

Preheat the broiler. In a microwave-safe glass bowl, combine the beans, tomato, ¼ cup salsa; mix well. Cover the bowl; cook in microwave oven on high until heated thoroughly, 1 to 2 minutes. Spoon ½ cup salsa over the bottom of the 13 by 9 inch backing pan or oven-save glass dish that has been lightly coated with nonstick spray. Spoon ~ ¼ cup of bean mixture down the center of softened tortilla; roll up and place, seam down in the center of the baking pan. Spread the remaining cup of salsa evenly over the tortillas. Broil 5 to 6 minutes. Sprinkle cheese and remaining 2 tablespoons of cilantro over the enchiladas. Broil for 30 seconds or until cheese melts.