



Fit & Flavorful
 Smoky Bean & Mushroom Cornucopias
Recipe from Chef Tim Cockram, CEC



Calories: 210 Protein: 7.7g Carbohydrates: 30.4g Total Fat: 6.7g
 Saturated Fat: 2.2g Trans Fat: 0.0g
 Cholesterol: 0.0mg Sodium: 417.6mg Fiber: 6.9g

Yield: Approx. 6 servings (serving size, two pieces)

Mayo Clinic Healthy Weight Pyramid serving: 1 carb, 1 fat, 1 veg, ½ prot/dairy

Filling

Shells:

- 1 Tbsp. canola oil
 - 2 cloves fresh garlic, minced
 - ½ c. diced yellow onion, small dice
 - ½ c. Crimini mushrooms, chopped
 - ¼ c. bell pepper, small dice
 - 1 c. spinach, chopped
 - 8 oz. black beans, rinsed, drained
 - 2 tsp. chili powder
 - 4 oz. fat-free sour cream
 - 1 tsp. liquid smoke
 - ¼ c. hot water, 150-175 degrees F
- 6 – 6” whole wheat tortilla (cut in half)

Creative addition:

2 tsp. lime zest

Preparation

Preheat oven for 375 degrees F. Place oil in sauté pan and cook the garlic for one minute. Next, add onion in until it begins to brown. Add mushrooms and cook for two minutes longer. Add peppers and cook for one minute then add in spinach, beans, chili powder and remove from heat. Let cool for 5 minutes and then fold in sour cream and liquid smoke.

To assemble: Lay tortillas out on counter, brush the edges lightly with hot water. Using your finger, pinch the two edges together to form seal thus creating the cornucopia shell. Place rolled tortilla shell on baking sheet lined with parchment paper. Fill tortillas with stuffing and place in pre-heated 375 F oven for 20-25 minutes or until internal temp of 165 F. Serve immediately with your favorite salsa.

Technique: Sautéing the vegetables adds depth of flavor.

Taste: The combination of the smoke adds a nice twist.

Try: Add a little more zest!

Tip: Spinach is a good source of vitamins A, K, and Folate.