

Eggplant Enchilada

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Recipe Ingredients:

- Non-Stick Spray
- 2 Medium Eggplants
- ½ tsp. ground cumin
- ½ tsp. chili powder
- 1/3 cup black beans
- 1/3 cup & 2 tbsp. red enchilada sauce
- 2 tbsp. light cream cheese
- 1/3 cup corn
- ¼ cup shredded reduce fat Mexican blend cheese
- ¾ cup sliced cherry tomatoes
- 2 tbsp. cilantro
- ½ tsp. salt (to taste)
- ½ tsp. pepper (to taste)



Preparation Method:

1. Pre heat oven to 375, spray baking sheet and an 8x8 baking pan.
2. Cut eggplant into 6 - ½ in. thick slices lengthwise.
3. Lay on sheet & ½ season it. Bake till soft light brown. (12 mins per side)
4. Prep filling in a medium bowl combine beans and corn, 2 tbsp sauce, cream cheese and other ½ seasoning, mix until smooth.
5. Lay eggplants vertically put filling on bottoms, roll and place in baking pan cover with 1/3 cup sauce, bake for 15 mins.
6. Sprinkle with cheese & bake till melted about 3 mins.
7. Top with tomatoes slices & cilantro



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