

Join in for the cooking fun!
The recipe is Spinach and
Black Bean-Style
Enchiladas.

The ingredients are:

- 1 package (10 ounces) of frozen spinach, thawed, or 1 pound fresh spinach, cooked
- 1.5 cups cooked black beans
- 1.5 cups corn, fresh, or frozen and thawed (or one 15-ounce can, drained and rinsed)
- 3 green onions, thinly sliced
- 1/3 cup chopped cilantro
- 2 cups (8 ounces) shredded mozzarella cheese, divided
- 8 corn tortillas (7 to 8 inches diameter)
- 3 cups enchilada sauce (or one 28-ounce can)
- your favorite hot sauce (optional)



SAVE TIME. SAVE MONEY. EAT HEALTHY.
SOUTHERN FINGER LAKES REGION

PRESENTS

DON'T SWEAT DINNER

(A ONE-TIME EDUCATIONAL CLASS)

LEARN ABOUT...

5 WAYS TO LIVE A HEALTHY LIFESTYLE
THE 5 FOOD GROUPS AND A HEALTHY CHOICE FROM EACH

UNDERSTANDING THE NUTRITION FACTS LABEL

Friday, June 25, 2021 | 4:30 to 5:30 PM

Join us for this virtual workshop on Zoom! You can join by cell phone, laptop or tablet, or dial in!

Email Sarah at sgc56@cornell.edu or call 607-272-2292, ext 252 to register!

If modifications are needed, please contact in advance.

