

Chilaquiles Casserole

Ingredients:

- 1 tbsp vegetable oil
- 1 medium onion, diced
- 1 medium zucchini, grated
- 1 (19oz.) can black beans, rinsed
- 1 (14oz) can diced tomatoes, drained
- 1 ½ cups corn, frozen (thawed) or fresh
- 1 tsp ground cumin
- ½ tsp salt
- 12 corn tortillas OR 3-4 whole-wheat tortillas, quartered
- 1 (19oz) can mild red or green enchilada sauce
- 1 ¼ cups shredded reduced-fat Cheddar cheese



Making it:

1. Preheat oven to 400°F. Lightly coat a 9 x 13" baking pan with cooking spray or similar.
2. Pan: Heat oil in over medium-high heat. Add onion, stir often until start to brown (~ 5 min.). Stir in zucchini, beans, tomatoes, corn, cumin and salt and cook. Stir occasionally, until the vegetables are heated through (~3 min).
3. Scatter half the tortilla pieces in the pan. Top with half the vegetable mixture, half the enchilada sauce and half the cheese. Repeat with one more layer of tortillas, vegetables, sauce and cheese. Cover with foil.
4. Bake for 15 min. with foil. Remove foil and continue baking until the casserole is bubbling around the edges and the cheese is melted (~ 10 min).

Tips and Hints:

- Boost up protein by adding cooked extra lean ground beef or cooked shredded chicken breast to the vegetable mixture before layering.
- Even though this dish is not particularly high in fat you can also use a light ricotta cheese to decrease energy and fat intake should this compliment your nutrition plan.
- To increase energy intake for higher energy needs add more beans, corn, cheese and serve yourself a larger portion.

NUTRITION FACTS

Servings: 10
 Serving Size: ~1 cup, or
 1/10 of casserole dish

Total Calories	243
Carbohydrate	30 g
Total Fat	10 g
Protein	9 g
Fiber	5 g

Prep Time: 25
 Cook Time 25