

# CHILAQUILES CASSEROLE

To make this recipe more veggie-rich, double up on the zucchini or add a few mushrooms.

## INGREDIENTS

- 1 tablespoon canola oil
- 1 medium onion, diced
- 1 medium zucchini, grated
- 1 19-ounce can black beans, rinsed
- 1 14-ounce can diced tomatoes, drained
- 1 1/2 cups corn, frozen (thawed) or fresh
- 1 teaspoon ground cumin
- 1/2 teaspoon salt
- 12 corn tortillas, quartered
- 1 19-ounce can mild red or green enchilada sauce
- 1 1/4 cups shredded reduced-fat Cheddar cheese
- Optional:
  - 1 cup sliced mushrooms

## DIRECTIONS

Preheat oven to 400 degrees F.  
Lightly coat a 9-by-13-inch baking pan with cooking spray.

### STEP 2

Heat oil in a large nonstick skillet over medium-high heat. Add onion and cook, stirring often, until starting to brown, about 5 minutes. Stir in zucchini, beans, tomatoes, corn, cumin and salt and cook, stirring occasionally, until the vegetables are heated through, about 3 minutes.

### STEP 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.

### STEP 4

Bake the casserole for 15 minutes. Remove the foil and continue baking until the casserole is bubbling around the edges and the cheese is melted, about 10 minutes more.

## NUTRITION FACTS

Serving Size: 1 Piece Per Serving: 238 calories; protein 8.9g; carbohydrates 29.6g; dietary fiber 5.5g; sugars 4.4g; fat 10.3g; saturated fat 4.5g; cholesterol 22.6mg; vitamin a iu 689.5IU; vitamin c 15.9mg; folate 38.7mcg; calcium 120.3mg; iron 1.6mg; magnesium 38.8mg; potassium 362.2mg; sodium 369.2mg; thiamin 0.1mg. 2 Starch, 1 Vegetable, 1 Lean Meat, 1 Fat



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Exchanges:

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