



Enchilada Casserole

Ingredients:

- 1 (28-ounce) can green enchilada sauce
- 2 cups cooked beans or canned beans (pinto, black, kidney), drained
- 3 cups cooked brown rice
- 1 (15-ounce) can whole kernel corn, drained or 1 ½ cups frozen corn
- 12 6-inch corn tortillas
- 3 cups reduced-fat cheddar cheese, grated

Directions:

1. Preheat oven to 350°F.
2. In a large bowl, mix sauce, beans, rice and corn.
3. Place half of mixture on bottom of a 9 x 13 pan (or divide the half of the mixture evenly between two 9-inch pans).
4. Place corn tortillas over the mixture.
5. Place the remaining mixture evenly over the tortillas.
6. Top with cheese.
7. Cover with foil. Bake for 10 minutes. Remove cover and bake for 15-20 more minutes, or until bubbly.
8. Cut large pan into 8 servings (or smaller pans into 4 servings each).
9. Refrigerate leftovers. Keeps up to a month in the freezer double-wrapped in foil.

Yields about 8 servings

Source:

Adapted from Eating Smart, Being Active, California EFNEP and Colorado EFNEP

Recipe analyzed using The Food Processor® Nutrition Analysis Software from ESHA Research, Salem, Oregon.



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Nutrition Facts			
Serving Size 11/8 of recipe (11.8 ounces)			
Servings Per Recipe 8			
Amount Per Serving			
Calories	430	Calories from Fat	130
% Daily Value *			
Total Fat	14g		22%
Saturated Fat	6g		30%
Trans Fat	0g		
Cholesterol	30mg		10%
Sodium	1040mg		43%
Total Carbohydrate	58g		19%
Dietary Fiber	8g		32%
Sugars	3g		
Protein	21g		
Vitamin A	10%	Vitamin C	20%
Calcium	70%	Iron	10%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.			
	Calories:	2000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
30.2% calories from fat			
Recipe analyzed using cooked pinto beans and canned corn.			