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### **Baked Tortilla Casserole**

Chilaquiles are a traditional Mexican skillet dish made of tortillas simmered in sauce or salsa. This healthy meatless version also includes fiber-rich pinto beans, spinach and corn, baked to perfection as a casserole. Besides eliminating the fat and mess of frying, this recipe allows the tortillas to soak up the sauce, making a dish that is pure comfort food.

### **Chilaquiles with Beans and Corn**

Cooking spray

1 large ear fresh corn or 1½ cups frozen corn, defrosted

1 Tbsp. canola oil

¾ cup chopped red onion

1 (10 oz.) pkg. frozen spinach, defrosted, squeezed dry

1 (15 oz.) can no-salt added pinto beans, drained

1 tsp. ground cumin

1 (14½ oz.) can no-salt added, diced tomatoes, partially drained

6 yellow corn tortillas

1 (15 oz.) can mild or medium red enchilada sauce, divided

1 cup shredded, reduced-fat Mexican cheese blend, divided

Preheat oven to 400 degrees. Coat 11-inch x 7-inch baking dish with cooking spray and set aside.

If using fresh corn, cut kernels from cob; there should be 1-1½ cups. Set aside.

In medium skillet, heat oil over medium-high heat. Add onion and cook until translucent, 4 minutes. Add spinach, pulling it apart. Add beans and cumin and cook until cumin is fragrant, stirring often. Add tomatoes and corn and cook until mixture is heated through, 5 minutes. Set vegetable and bean filling aside.

Arrange 2 tortillas on bottom of prepared pan. Cut 2 other tortillas in half and add 2 halves to cover bottom of pan. Spoon half the filling over tortillas. Pour on ¾ cup enchilada sauce. Sprinkle on half the cheese. Repeat, using remaining tortillas, filling, sauce and cheese. Cover pan with foil.

Bake Chilaquiles for 15 minutes. Uncover and bake until cheese melts and casserole is bubbly around edges, 10 minutes. Let stand 10 minutes before serving.

**Makes 6 servings.**

**Per serving:** 216 calories, 5.7 g total fat (1 g saturated fat), 34 g carbohydrate, 10 g protein, 6 g dietary fiber, 496 mg sodium.