



Vegetarian Enchilada Casserole

🕒 30 MINS | 🍴 8 SERVINGS

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INGREDIENTS

- 2 tablespoons Extra Virgin Olive Oil
- 1 teaspoon Salt
- 1 cup Chopped Onions
- 15 ounces No Salt Added Pinto Beans
- 3/4 cup Poblano Chiles chopped
- 15 ounces No Salt Added Black Beans
- 6 cloves Garlic minced
- 8 Corn Tortillas
- 1 Summer Squash sliced
- 1 1/2 cups Shredded Pepper Jack Cheese
- 1 Zucchini sliced
- 1 Avocado diced
- 1 cup Frozen Corn
- 1/2 cup Green Onions (Scallions)
- 1 cup Salsa Pico de Gallo
- 1/2 cup Reduced Fat Sour Cream

NUTRITION INFORMATION PER SERVING

Protein 14g	Sodium 560mg
Total Fat 15g	Saturated Fat 6g
Carbs 41g	Fruits 0 servings
Calories 347kcal	Vegetables 0.84 servings
Fiber 7.9g	Added Sugar 0g

Method

1. Preheat oven to 350 degrees F. Heat oil in a large skillet over medium-high heat. Add onion, poblanos and garlic; cook, stirring occasionally, until softened, 4 to 5 minutes. Add squash, zucchini, corn, pico de gallo and salt; cook, stirring occasionally, until the liquid comes to a simmer, 5 to 6 minutes. Simmer,
2. stirring occasionally, until the liquid reduces by half, about 2 minutes. Remove from heat; stir in pinto beans and black beans.
3. Coat a 9-by-13-inch baking dish with cooking spray. Spoon one third of the vegetable mixture into the prepared dish. Top evenly with 4 tortillas. Repeat with half the remaining vegetable mixture and the remaining 4 tortillas. Top with the remaining vegetable mixture. Sprinkle evenly with cheese.
4. Bake until the cheese is bubbly, 25 to 30 minutes. Sprinkle evenly with avocado and scallions. Dollop with sour cream.
5. To make ahead: Assemble casserole through Step 2. Cover and refrigerate for up to 24 hours. Bake as directed.

