

Spinach and Mushroom Enchilada Casserole

May 2021



Makes: 8 servings

Ingredients

2 tsp. olive oil
1 medium-sized onion (chopped)
2 garlic cloves (minced)
3 yellow banana chile peppers (seeded, deveined and minced)
3 pounds mushrooms (sliced)
1 cup green enchilada sauce
8 6-inch corn tortillas (halved)
¼ tsp. salt
½ tsp. oregano leaves (dried)
2 10-ounce packages frozen chopped spinach (thawed)
6 ½ ounces reduced-fat Monterey jack cheese (grated)

Nutritional information for 1 serving

Calories	460
Total fat	16 g
Saturated fat	2 g
Cholesterol	115 mg
Sodium	420 mg
Total carbohydrate	51 g
Dietary fiber	7 g
Total sugars	6 g
Added sugars included	0 g
Protein	29 g

Directions

1. Heat oil in a large nonstick skillet. Add onion, garlic and peppers, and stir. Add mushrooms and cook about 15-20 minutes, until liquid evaporates.
2. Once mushrooms are cooked, stir in the salt and oregano leaves. Drain and squeeze the spinach dry, then mix it thoroughly with the mushroom mixture.
3. Preheat the oven to 350 F.
4. Pour half of the enchilada sauce into a 9-by-13-inch baking dish.
5. Arrange eight tortilla halves over the sauce in the baking dish. Spoon half of the mushroom mixture into the baking dish, carefully covering tortillas.
6. Set aside ¼ cup of grated cheese. Sprinkle the rest of the cheese on top of the mushroom mixture. Layer with the remaining eight tortilla halves, then the remaining mushroom mixture and enchilada sauce.
7. Sprinkle top of casserole with the remaining ¼ cup cheese. Cover baking dish with foil and bake for 30 minutes, or until casserole is steaming hot in the center.