Dinner Tonight!

Vegetarian Enchilada Casserole

1 Tablespoon vegetable oil
1 medium red onion, chopped
1 medium zucchini, grated or diced
1 – 19 ounce can black beans, drained and rinsed
1 – 14 ounce can diced tomatoes, drained
1 1/2 cups frozen corn, thawed
1 teaspoon ground cumin
1/2 teaspoon salt
12 corn tortillas, quartered
1 – 19 ounce can red enchilada sauce
1 1/4 cups shredded reduced-fat fiesta blend cheese

Preheat oven to 400°F. Lightly coat a 9 X 13 inch baking dish with cooking spray. 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; cook, stirring occasionally, until the vegetables are heated through, about 3 minutes.

Scatter half the tortilla pieces in the pan. Top with half the vegetable mixture, half the enchilada sauce and half the cheese. Repeat to form another layer. Cover with foil. 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 minute more.

Preparation Time: 20 minutes
Cook Time: 25 minutes
Serves: 10
Cost per serving: $1.10

Nutrition facts per serving
Calories: 243
Total Fat: 10 g
Cholesterol: 23 mg
Sodium: 338 mg
Total Carbohydrate: 30 g
Protein: 9 g
Fiber: 5 g

Serve with: Baked pita chips or baked tortilla chips, Spanish Rice, or Side Salad