

# Recipes

## Easy Chicken Enchilada Casserole

Serves 6

### Ingredients

- 1 (28 ounce) can crushed tomatoes (3 cups)
- 2 tablespoons ground cumin
- 1/2-1 teaspoon ground chipotle chile powder
- ¼ teaspoon salt
- 8 corn tortillas, cut into wedges
- 1 (15 ounce) can black beans, rinsed and drained
- 1 cup chopped Sheet-Pan Chicken Thighs
- 2 cups Sautéed Peppers & Onions
- 1 ½ cups shredded Mexican cheese blend (6 ounces), divided



Photo courtesy of <https://www.eatingwell.com/recipe/262951/easy-chicken-enchilada-casserole/>

### How To Make It

- Spray boneless skinless chicken thighs with cooking spray and season with salt, pepper and garlic powder. Bake seasoned chicken in oven at 375 degrees until done. Sauté sliced peppers and onions in 1 Tbsp of vegetable oil with salt and pepper until soft. Stir tomatoes, cumin, chile powder and salt together in a medium bowl. Coat a 7- or 8-by-11-inch casserole dish with cooking spray. Spoon 1/2 cup of the tomato sauce into the bottom of the prepared dish. Arrange 1/3 of the tortilla wedges over the tomato sauce. Top with half of the beans, half of the chicken and half of the pepper mixture. Top with 1 cup sauce and 1/2 cup cheese. Layer on half the remaining tortillas. Top with the remaining beans, chicken and pepper mixture. Top with 1 cup of the sauce and 1/2 cup cheese. Layer on the remaining tortillas, followed by the remaining sauce (about 1/3 cup). Sprinkle with the remaining 1/2 cup cheese. Cover with foil and refrigerate until ready to cook, up to 3 days.
- Preheat oven to 375 degrees F. Bake the casserole, uncovered, until hot and bubbling, 35 to 40 minutes. (Alternatively, microwave the casserole, covered with wax paper, on Medium-High until steaming hot, 12 to 15 minutes.) Serve hot.

## Nutrition Information

**Serving Size:** 1/6 casserole

**Per Serving:** 365 calories; protein 20.7g; carbohydrates 39.3g; dietary fiber 9.3g; sugars 11.5g; fat 15.1g; saturated fat 6.1g; cholesterol 48.7mg; vitamin a iu 1804IU; vitamin c 65.6mg; folate 79.7mcg; calcium 303.9mg; iron 4.4mg; magnesium 69.5mg; potassium 792.9mg; sodium 769.5mg; thiamin 0.3mg.

**Exchanges:** 3 vegetable, 1 1/2 starch, 1 fat, 1 lean-protein, 1 medium-fat protein

# Recipes

## **Black Bean Quesadillas**

**Serves 4**

### **Ingredients**

- 1 15-ounce can black beans, rinsed
- ½ cup shredded Monterey Jack cheese, preferably pepper Jack
- 1/2 cup fresh salsa, divided
- 4 8-inch whole-wheat tortillas
- 2 teaspoons canola oil, divided
- 1 ripe avocado, diced



Photo courtesy of <https://www.eatingwell.com/recipe/250108/black-bean-quesadillas/>

### **How to Make It**

- Combine beans, cheese and 1/4 cup salsa in a medium bowl. Place tortillas on a work surface. Spread 1/2 cup filling on half of each tortilla. Fold tortillas in half, pressing gently to flatten.
- Heat 1 teaspoon oil in a large nonstick skillet over medium heat. Add 2 quesadillas and cook, turning once, until golden on both sides, 2 to 4 minutes total. Transfer to a cutting board and tent with foil to keep warm. Repeat with the remaining 1 teaspoon oil and quesadillas. Serve the quesadillas with avocado and the remaining salsa.

## Nutrition Information

**Per Serving:** 375 calories; protein 13.2g; carbohydrates 45.1g; dietary fiber 10.2g; sugars 6.4g; fat 16.3g; saturated fat 4.5g; cholesterol 12.6mg; vitamin a iu 182IU; vitamin c 7.1mg; folate 89mcg; calcium 241.4mg; iron 3.2mg; magnesium 18.4mg; potassium 486.1mg; sodium 607.7mg; thiamin 0.1mg.

**Exchanges:** 2 1/2 starch, 1 1/2 lean meat, 2 fat