

Spinach and Mushroom Enchilada Casserole

*This Spinach and Mushroom Enchilada Casserole is a delicious vegetarian alternative to traditional enchiladas. Looking for similar recipes? Try this **One Pan Fajita Chicken Bake** or this **Crock Pot Enchilada Rice**.*

Makes: 8 servings

Ingredients

- 2 tsp **olive oil**
- 1 medium **onion**, chopped
- 2 **cloves garlic**, minced
- 3 **yellow banana peppers**, seeded and minced
- 3 pounds **mushroom**, sliced
- 1 can (14oz) **green enchilada sauce**, low sodium
- 8 **corn tortillas**, 6 inch, cut in half
- ½ tsp **oregano leaves, dried**
- 2 packages (10 oz each) **frozen chopped spinach**, thawed
- 6 ½ oz reduced fat **Monterey jack cheese**, grated

Optional: ¼ tsp salt

Instructions

1. Preheat the oven to 350°F.
2. Heat oil in a very large non-stick skillet. Add onion, garlic, peppers and mushrooms. Cook about 15 minutes. (If pan is not large enough, cook mushrooms in batches.)
3. Pour half of the enchilada sauce into a 13x9 inch baking dish.
4. Arrange 8 tortilla halves over the sauce in the baking dish.
5. When mushrooms are cooked, stir in the oregano leaves and salt (if using).
6. Drain the spinach, squeeze it dry and add it to the mushroom mixture.
7. Spoon half the mushroom mixture into the baking dish, carefully covering tortillas.



Nutrition Information

Serving Size: 2 cups

Calories: 230
Total Fat: 9g
Saturated Fat: 3.5g
Protein: 15g
Sodium: 480mg
Carbohydrates: 28g
Added Sugar: 0g
Fiber: 4g

8. Set aside $\frac{1}{4}$ cup (about 1 ounce) of grated cheese.
9. Sprinkle the rest of the cheese on top of the mushroom mixture.
10. Layer with the remaining 8 tortilla halves, then the remaining mushroom mixture and enchilada sauce. Sprinkle top of casserole with the remaining $\frac{1}{4}$ cup cheese.
11. Cover baking dish with foil and bake for 30 minutes, or until casserole is steaming hot in the center.

Source: California Department of Health Services, California's Chefs Cook Lean California Project LEAN



Watch Video At: <https://youtu.be/oX4YgYYnoqk>

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