

TEX MEX ENCHILADA CASSEROLE

Higher Fiber, Low Carb / Diabetes Friendly, Lower Saturated Fat, Lower Sodium

Serves: 12 (Serving = 1 piece)

Nutrition (per serving)

Calories: 210

Total Fat: 7 g

Saturated Fat: 3 g

Sodium: 460 mg

Total Carbohydrate: 20 g

Dietary Fiber: 4 g

Total Sugars: 3 g

Added Sugars: 0 g

Protein: 17 g

PREP TIME: 30 min

COOK TIME: 45 min

TOTAL TIME: 1 hour, 15 min



Ingredients

- Cooking spray
- 1 pound extra lean (99%) ground turkey breast
- 1 cup chopped onion
- 1 cup chopped green pepper
- 1 cup corn
- 1 cup no salt added black beans, drained and rinsed
- 1 cup salsa
- 7 (6-inch) corn tortillas
- $\frac{3}{4}$ cup light sour cream
- 2 cups shredded Mexican cheese made with 2% milk
- 1 $\frac{1}{2}$ cups shredded lettuce
- 1 $\frac{1}{2}$ cups chopped tomato
- $\frac{1}{4}$ cup chopped fresh cilantro leaves



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Enchilada Sauce

- 3 cups water
- 4 ½ Tablespoons all-purpose flour (use gluten free flour for GF version)
- Cooking spray
- 2 Tablespoons minced garlic
- 3 Tablespoons chili powder
- 3 teaspoons ground cumin
- ¾ teaspoon salt

Directions

1. Preheat oven to 400 degrees.
2. Spray large skillet with cooking spray and cook ground turkey, onion and green pepper over medium heat until meat is no longer pink, about 7-10 minutes. Stir in corn, black beans and salsa, set aside.
3. To make enchilada sauce, make a slurry by whisking cold water and flour together in a medium bowl. Spray the bottom of a medium saucepan with cooking spray and add garlic. Cook for 1 min on medium heat then whisk in slurry, chili powder, cumin and salt. Bring to boil then immediately reduce heat to low. Let simmer uncovered until sauce thickens, about 5 minutes.
4. Spray the bottom of a 9 x 13 inch baking dish with cooking spray and lay 2 whole tortillas and 3 tortilla halves down to fully cover the bottom of dish, slightly overlapping. Layer with ½ of the cooked meat and vegetable mixture. Dollop 6 Tablespoons of sour cream evenly over the meat mixture in 2 rows, 3 Tablespoons per row. Pour ½ of the enchilada sauce over, spreading out to cover entire dish. Sprinkle 1 cup of shredded cheese over entire layer. Repeat.
5. Cover and bake for 30 minutes. Uncover and bake 15 minutes. Top with lettuce, tomato and cilantro before serving.