

ENCHILADA CASSEROLE

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Bariatric, Gluten Free, Higher Fiber, Low Carb / Diabetes Friendly

Serves: 8 (Serving = 1 piece)

Nutrition (per serving)

Calories: 300	Total Carbohydrate: 24
Total Fat: 13 g	Dietary Fiber: 5 g
Saturated Fat: 5.5 g	Protein: 22 g
Sodium: 568 mg	

Ingredients

- 1 pound extra lean ground turkey breast
- 1 teaspoon garlic, minced
- $\frac{3}{4}$ cup green pepper, diced
- $\frac{3}{4}$ cup onion, diced
- $\frac{3}{4}$ cup canned/frozen corn kernels
- $\frac{3}{4}$ cup black beans, drained and rinsed
- 1 teaspoon cumin
- 1 $\frac{1}{2}$ teaspoon chili powder
- $\frac{3}{4}$ cup light sour cream
- 14 ounces La Victoria® red enchilada sauce
- 8 corn tortillas
- 2 cups reduced fat Mexican shredded cheese

Directions

1. Preheat oven to 400 degrees Fahrenheit.
2. In a large skillet, partially brown ground turkey. Add garlic, green pepper, onion, corn, black beans, cumin and chili powder and cook for 3-5 min or until turkey is no longer pink and vegetables are tender. Stir in sour cream and set aside.
3. Pour $\frac{1}{4}$ can of enchilada sauce in the bottom of a 9" x 13" pan and place 4 corn tortillas on top.
4. Layer $\frac{1}{2}$ of turkey mixture on top of tortillas. Pour another $\frac{1}{4}$ can of enchilada sauce on turkey mixture and sprinkle with $\frac{1}{2}$ cup of shredded cheese.
5. Add another layer of tortillas and the rest of the turkey mixture. Pour the remaining $\frac{1}{2}$ can of enchilada sauce on top of turkey mixture and finish by sprinkling remaining $1 \frac{1}{2}$ cups of shredded cheese on top.
6. Bake for 20-25 min or until cheese is bubbly.

To make bariatric diet friendly:

Cook in muffin tins instead of 9x13 pan. Replace light sour cream with plain nonfat greek yogurt and reduce mexican cheese from 2 cups to 1 cup.

Bariatric nutrition information ($\frac{3}{4}$ cup serving, makes 8): Calories 257, Total Fat 9.5g, Sat Fat 3g, Sodium 497mg, Total Carbohydrate 24g, Fiber 5g, Protein 21.5g