



Cooking with the DIETITIANS

BLACK BEAN AND SQUASH ENCHILDA CASSEROLE

Time: 45-60 minutes / Servings: 8

INGREDIENTS

Roasted Butternut Squash

5 cups butternut squash, cubed
2 Tbsp olive oil
1 tsp ground pepper

Vegetable Mixture

1 yellow onion, chopped
1 Tbsp olive oil
1 green bell pepper, chopped
1 yellow bell pepper, chopped
1 tsp cumin
1 tsp chili powder
1 (15oz) can corn, drained
1 (15oz) can black beans, drained and rinsed

Ingredients for assembling the casserole

2 cups salsa
9 small corn tortillas
1.5 cups fat free sour cream
1 cup enchilada sauce
1-2 cups low-fat mozzarella cheese



DIRECTIONS

Roast Butternut Squash

1. Preheat oven to 375F. Line cookie sheet with foil
2. If not already cubed, peel and cut squash into small chunks. Toss with olive oil and pepper
3. Roast for 30 minutes, until soft

Roasting vegetables on the stove top

4. Heat 1 Tbsp olive oil in large skillet over medium-high heat
5. Add onion, bell peppers, cumin, and chili powder. Cook for 2-3 minutes.
6. Add corn and black beans, and finally butternut squash.

Assembling casserole

7. Using a 8.5x11 casserole dish, add salsa evenly to the bottom of the dish. Place 3 tortillas down the middle of the dish on top of the salsa
8. Spread 1/3 of the veggies over the tortillas. Top with ½ cup sour cream in small dollops. Sprinkle with ½ cup of mozzarella. Top with 3 more tortillas
9. Spread 1/3 of the veggies over the tortillas. Top with ½ cup sour cream in small dollops. Pour ½ cup of enchilada sauce over the top. Sprinkle with ½ cup of mozzarella. Top with 3 more tortillas
10. Spread last 1/3 of the veggies over the tortillas. Top with ½ cup sour cream in small dollops. Pour ½ cup of enchilada sauce over the top. Sprinkle remaining mozzarella cheese over the top.
11. Cover with aluminum foil and back at 375F for 25 minutes covered, then 10 minutes with the foil removed

NUTRITION FACTS (per serving):

Calories: 357 Total Fat: 11g Saturated Fat: 4g Cholesterol: 22mg Sodium: 915mg Potassium: 782mg Carbohydrates: 48g Dietary Fiber: 9g Sugar: 12g Protein: 18g Vitamin A: 231% Vitamin C: 102% Calcium: 38% Iron: 15%

Recipe adapted from: <http://juliasalbum.com/2014/11/black-bean-and-butternut-squash-enchilada-casserole-recipe>

A collaboration with USF Dining