



# ENCHILADA CASSEROLE

*Out of this world!*

- 1 onion, chopped
- 1 clove garlic, minced
- 1 green pepper, chopped
- 1/2 C mushrooms, sliced
- (4C) 1 recipe Tomato Sauce (p. 15)
- 1 T chili powder
- 1 1/2 C pinto beans,\* cooked
- 1/2 C low-fat yogurt\*
- 1 C low-fat cottage cheese,\* rinsed
- 8 corn tortillas
- 1/2 C skim Mozzarella cheese, grated



1. Sauté\* onion, garlic, green pepper and mushrooms until onions are transparent.
2. Add tomato sauce, chili powder and beans. Heat through.
3. Stir yogurt and cottage cheese together.
4. In a 1 1/2-qt. non-stick\* casserole, put a layer of tortillas, a layer of sauce, sprinkle of Mozzarella cheese and a layer of yogurt mixture.
5. Repeat until all ingredients are used, ending with a layer of sauce. Top with yogurt mixture.
6. Bake at 350° for 15-20 minutes. Serve hot.

Serves 8

\*See "Cooking Methods" section

	RCU	FU	Cal	%Ft	P	F	C	Na
Per Serving	0	0	218	16	8	4	26	264

*HMMM! Boston Baked Beans p. 228 and Golden Cornbread p. 270 are delicious old favorites.*