

# ENCHILADA CASSEROLE



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## Ingredients

Yield: 8 servings

- 1 ½ lbs lean ground turkey (can substitute lean ground beef or shredded chicken if desired)
- ½ cup frozen onion chopped (if desired)
- 3 T chili powder
- ½ tsp salt
- ½ tsp pepper
- ¼ tsp garlic powder
- 2 C salsa, divided
- 6 (7") wheat or corn tortillas
- 2 cups of frozen organic corn
- ¾ C lite or fat free sour cream, divided
- 2 C low fat, 2% mozzarella cheese shredded, divided

## Directions

1. Preheat oven to 350.
2. In medium sauté pan over medium heat brown the meat and drain if necessary. Add onion, 1 cup of water, chili powder, salt, pepper and garlic powder. Bring to a boil and simmer for 10 minutes.
3. Spread ½ cup salsa on bottom of a 9x13 pan and arrange 4 tortillas on bottom of pan.
4. Top tortillas with 1/2 of the drained meat mixture, ½ of the sour cream, remaining salsa, half of the cheese, and half of the frozen corn and then repeat to layer.
5. Bake at 350 degrees.

\*Note you can double this recipe, bake one to eat now and cover and freeze the other to thaw and bake 35 minutes covered and additional 10-15 minutes uncovered and serve.

## Nutritional Information

Serving:	Calories	Fat	Protein	Carbohydrates	Sodium
1/8 cup	380	14 g	30 g	32 g	942 mg