

Enchilada Casserole

Courtesy of Carole's Creations

Prep Time: 15 minutes

Cooking Time: 35 minutes

Serves: 8

CChints: Select a Haas avocado with a dark skin. It is ripe when the flesh gives a little when you gently squeeze it. Don't cut it until the end of the recipe because the flesh will darken when it hits the air. To cut it, slide the knife from the top down until you hit the seed. Gently run the knife around the avocado until you have cut it in half. Give it a gentle twist and the seed will stick to one of the halves. Gently stick your knife into the seed and twist the knife; the seed will pop out. Use a large spoon to scoop out the flesh in one piece from each half.



Casserole:

2 tablespoons olive oil	1/2 to 1 teaspoon chili powder, heat level
1 yellow or white onion, diced	1 teaspoon cumin
20 ounce can of enchilada sauce	10 – 6" corn tortillas
16 ounce can black beans, rinsed and drained	4 cups cooked chicken, chopped
14 ounce can diced tomatoes	2 cups Mexican cheese blend, shredded
1 cup frozen corn, thawed	1 cup reduced fat sour cream
1/4 cup red bell pepper, diced	Optional: Serve with tortilla chips

Salad:

2 bags prewashed salad	3 large tomatoes, chopped
2 ripe avocados	bottle of your favorite dressing
14 ounce can pitted black olives, drained	option: onion, sliced

Heat oven to 350 degree F. Coat a 9 x 13 pan with cooking spray. When you prep the chicken, be sure to wash any utensils and any surface that came in contact with the chicken.

Heat a large skillet over medium-high heat and add the olive oil. Cook the onions for 6 minutes. Pour 1/2 cup of enchilada sauce into a measuring cup and set it aside. Then stir in everything from Enchilada sauce through the cumin into the skillet. Reduce the heat to low and stir occasionally for 5 minutes while you are getting your baking pan and corn tortillas ready.

Get ready to make the layers in the 9x13 pan.

- Pour the 1/2 cup of the enchilada sauce in the bottom of the pan.
- Use 5 corn tortillas per layer for a total of 2 layers. Starting at one end of the pan lay four tortillas on the bottom and let them overlap in the middle of the pan and at their edges. Take the 5th tortilla and cut it in half and place it at the other end of the pan while with the straight edges against the straight end of the pan and slightly overlapping the other ones.
- Spread half of the chicken on top of the tortillas. Spread it out to cover the entire area.
- Divide the sauce mixture in half and spread one half evenly over the chicken, going all the way to the edges of the pan.
- Sprinkle 1/2 of the cheese on top of the sauce

Repeat for the 2nd layer starting with the 5 tortillas, then the rest of the chicken, sauce and top with the remaining cheese.

Bake for 20 minutes. Use these minutes to clean up, get out the sour cream and get the salad ready. Cut into pieces and top with sour cream. Enjoy!