



Nourish Your Body & Soul

ENCHILADA CASSEROLE

INGREDIENTS

- 1 tbsp vegetable oil
- 1/2 onion
- 5oz baby spinach (or up to 10 oz)
- 1 cup frozen corn
- 1 cup enchilada sauce (about 1/2 jar)
- 6 grande corn & wheat tortillas
- 1 lb cooked chicken
- 12oz shredded Mexican blend cheese

TOOLS

- cutting board
- chopping knife
- 12 inch skillet
- 9x13 inch glass baking dish

MAKE IT VEGAN

- substitute 1 cup vegan refried beans and 1 cup black beans for chicken
- substitute soy cheese

PREP TIME: 15 MINS

COOK TIME: 1 HR (0.5 IN OVEN)

TOTAL TIME: 1.25 HRS

SERVES: 8

PREP IT

1. Chop the chicken into bite-sized pieces and set aside. Stack the tortillas and slice into strips.
3. Mince the onion; rinse the spinach if needed.

COOK IT

1. Heat the oil in the skillet over medium heat. Add the onion and cook until translucent, about 4 minutes.
2. Add the spinach and cook, stirring frequently, until it's almost completely wilted, about 3 minutes. Stir in the frozen corn and remove the skillet from heat.
3. Preheat the oven to 375F.
4. Pour about 1/3 cup enchilada sauce into the baking dish. Pick up the dish and tilt it to spread the sauce evenly all over the bottom.
5. Make a single layer of tortilla strips over the sauce. Tear strips if needed to fill in the gaps.
6. Scatter the chicken evenly over the tortillas, then about 1/3 of the cheese over the chicken.
7. Top the cheese with a layer of tortilla strips, spread the spinach mixture over the tortillas and top with another layer of tortilla strips.
8. Pour the remaining sauce over the tortillas, and top with the remaining cheese.
9. Bake uncovered for 30 minutes, until cheese is browned and the casserole is bubbling.