

# Spinach and Mushroom Enchilada Casserole

Yield 8 servings

## Ingredients

2 teaspoons	olive oil
1	onion (medium, chopped)
2	garlic clove (minced)
3	yellow banana chile peppers (seeded, deveined and minced)
3 pounds	mushroom (sliced)
1 can	enchilada sauce (14 ounce, preferably green)
8	corn tortillas (6 inch, cut in half)
1/4 teaspoon	salt
1/2 teaspoon	oregano leaves (dried)
2 packages	frozen chopped spinach (10 ounce, thawed)
6 1/2 ounces	reduced fat Monterey jack cheese (grated)

## Instructions

1. Heat oil in a very large non-stick skillet. Add onion, garlic and peppers and stir. Add mushrooms and cook about 15 to 20 minutes, until liquid evaporates. (If pan is not large enough, cook mushrooms in batches.)
2. Pour half of the enchilada sauce into a 13x9-inch baking dish.
3. Arrange 8 tortilla halves over the sauce in the baking dish. Preheat the oven to 350 degrees. When mushrooms are cooked, stir in the salt and crumble in the oregano leaves. Drain the spinach, squeeze it dry and mix it thoroughly with the mushroom mixture. Spoon half the mushroom mixture into the baking dish, carefully covering tortillas.
4. Set aside 1/4 cup (about 1 ounce) of grated cheese. Sprinkle the rest of the cheese on top of the mushroom mixture. Layer with the remaining 8 tortilla halves, then the remaining mushroom mixture and enchilada sauce. Sprinkle top of casserole with the remaining 1/4 cup cheese. Cover baking dish with foil and bake for 30 minutes, or until casserole is steaming hot in the center.

## Cost

Per recipe: \$17.94

Per serving: \$2.24

## Source

California Department of Health Services, [California's Chefs Cook Lean California Project LEAN](#)

## Notes

Allow casserole to stand at room temperature 5 minutes before serving. Serve with pinto or black beans and salad.

Nutrition Facts	
Serving Size 3 1/4" x 4 1/2" piece, 1/8 of recipe (371g)	
Servings Per Container 8	
Amount Per Serving	
<b>Calories 220</b>	Calories from Fat 80
% Daily Value*	
<b>Total Fat 9g</b>	<b>14%</b>
Saturated Fat 3.5g	<b>18%</b>
Trans Fat 0g	
<b>Cholesterol 15mg</b>	<b>5%</b>
<b>Sodium 630mg</b>	<b>26%</b>
<b>Total Carbohydrate 25g</b>	<b>8%</b>
Dietary Fiber 6g	<b>24%</b>
Sugars 6g	
<b>Protein 15g</b>	
Vitamin A 170%	• Vitamin C 45%
Calcium 30%	• Iron 15%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	