Autumn Enchilada Casserole

This tasty family casserole converts even the biggest critics of winter squash.

Serves 6



Ingredients

Enchiladas

- 1 small winter squash
- Cooking spray or oil
- 12 corn tortillas
- 2 cups low-fat shredded cheese
- 1 cup plain, non-fat Greek yogurt (optional)
- 1 avocado (optional)

Sauce

- 2 tablespoons olive oil
- 1 tablespoon flour
- 1 tablespoon chili powder
- 1 cup low-sodium vegetable broth
- 1 15-ounce can tomato sauce
- 1 teaspoon cumin
- 1 teaspoon garlic powder

Nutrition Facts

Serving Size About 1 Cup Servings Per Recipe 6

Amount Per Serving				
Calories 390	Calories	from Fat 130		
		% Daily Value*		
Total Fat 14g	22%			
Saturated Fat 3.5g		18%		
Trans Fat 0g]			
Cholesterol 10mg		3%		
Sodium 310mg		13%		
Total Carbohydrate 50g		17%		
Dietary Fiber 11g		44%		
Sugars 10g				
B + 1 + 40=				

Protein 19g

Vitamin A 16	60% • Y	Vitamin €	C 40%	
Calcium 35% •		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 Saturated Fat Cholesterol Sodium Total Carbohydra Dietary Fiber	Less than Less than	65g 20g 300mg 2,400mg 300g 25g	80g 25g 300mg 2,400mg 375g 30g	
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4				

Please note: nutritional values are approximate. This label was made without the additional toppings.

Directions

- 1. Preheat oven to 400 degrees and grease a baking sheet.
- 2. Cut squash in half and remove seeds. Place cut side down onto a baking sheet.
- 3. Roast squash for 30-50 minutes or until soft.
- 4. Remove from oven. Reduce oven temperature to 350 degrees.
- 5. Let squash cool, remove skin and mash with a fork. Set aside.
- 6. In medium saucepan, heat oil over medium heat.
- 7. Add flour and chili powder to saucepan and heat, stirring constantly until mixture begins to darken, about 1-2 minutes.
- 8. Add broth, tomato sauce, cumin and garlic poweder. Simmer mixture, stirring frequently for about 8 minutes.
- 9. Remove from heat.
- 10. Spray 8 x 8 inch baking dish with non-stick spray.
- 11. Make a layer of tortillas on bottom of baking dish.
- 12. Top with ½ of sauce, then ½ of squash and ⅓ of cheese. Repeat 2 more times.
- 13. Bake casserole for 20-30 minutes or until cheese is melted.
- 14. Top with sliced avocado and plain, Greek yourt if desired.

*Note - You can also microwave or steam your squash for a quicker variation.

