

AZTEC CASSEROLE

INGREDIENTS:

- 12 6-inch corn tortillas
- 1 1/2 cups queso fresco or cotija cheese, shredded

SAUCE:

- 1 tablespoon canola oil
- 1 cup onion, diced
- 1/2 cup garlic, minced
- 1 (28 oz.) can of pureed tomatoes
- 1 tablespoon paprika
- 1 tablespoon Mexican oregano
- 2 teaspoons cumin powder

YOGURT SAUCE:

- 2 cups plain non-fat Greek yogurt
- Juice of 1 lime

FILLING:

- 2 tablespoons canola oil
- 1/2 cup onions, diced
- 1 tablespoon garlic, minced
- 1/2 cup poblano peppers
- 1/2 cup zucchini, diced
- 1/2 cup yellow squash, diced
- 1 cup white button mushrooms, diced
- 1 cup tomato, seeded and diced
- 1/2 cup corn, cut from the cob or frozen
- 1 cup brown rice, cooked
- 1 cup quinoa, cooked
- 1 cup canned black beans, drained and rinsed
- 1 cup + 2 tablespoons cilantro, chopped

Nutrition Facts			
Serving Size (455g)			
Servings Per Container 8			
Amount Per Serving			
Calories 470		Calories from Fat 120	
		% Daily Value*	
Total Fat 14g			22%
Saturated Fat 3.5g			18%
Trans Fat 0g			
Cholesterol 20mg			7%
Sodium 370mg			15%
Total Carbohydrate 66g			22%
Dietary Fiber 8g			32%
Sugars 11g			
Protein 21g			
Vitamin A 35%		Vitamin C 60%	
Calcium 30%		Iron 20%	
*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

*Directions on back.

DIRECTIONS:

For the sauce:

1. In a sauce pot, sauté garlic and onions until translucent. Add spices and pureed tomatoes. Simmer for 30 minutes and season with salt and pepper.

For the filling:

1. Heat oil in a pot with a large surface area. Add garlic and onions and sauté until translucent.
2. Add peppers and cook for 3 minutes.
3. Add mushrooms, zucchini, and yellow squash and cook until tender. Remove from heat.
4. Add corn, tomatoes, rice, beans, quinoa, and 1 cup of cilantro.
5. Season with salt and pepper.

For the yogurt sauce:

1. Combine yogurt with juice of lime and 2 tablespoons of chopped cilantro.

To assemble:

1. Preheat oven to 350° F
2. Spread half of the sauce on the bottom of a 12-inch square baking dish. Add six tortillas on top of the sauce in the baking dish and top with the filling mixture.
3. Spread 1 cup of yogurt sauce over the top of the mixture.
4. Top the mixture with the remaining 6 tortillas and sauce.
5. Baked covered in a 350° F oven for 25 minutes. Uncover, top with cheese and bake for an additional 5 minutes or until cheese is melted and golden brown.
6. Allow to rest for 15 minutes before cutting. Top with reserved yogurt sauce and serve.

