

# 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

**Protein** 19g

Vitamin A 160%    •    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	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

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 powder. 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  $\frac{1}{3}$  of sauce, then  $\frac{1}{3}$  of squash and  $\frac{1}{3}$  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 yogurt if desired.

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

