

## Spinach and Mushroom Enchilada Lasagna

### Ingredients:

2 teaspoons olive oil  
 1 onion  
 2 cloves garlic  
 3 green peppers  
 3 pounds sliced mushrooms  
 14 ounces enchilada sauce, green  
 8 corn tortillas, 8", cut in half  
 1/2 teaspoon oregano  
 20 ounces spinach, frozen,  
 2 packages, thawed  
 2 cups reduced fat Monterey Jack  
 cheese, shredded

### Equipment:

Cutting board  
 Knife  
 Grater  
 Non stick skillet  
 9 x 13 baking pan

Number of Servings: 8  
 Prep Time: 30 minutes  
 Total Time: 1 hour

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### Directions

1. Preheat the oven to 350°F. Heat oil in a large non-stick skillet.
2. Cut the ends off of the onion, and peel off the brown layers. Chop into small pieces. Set aside. Cut green pepper in half and remove seeds, stem and membrane. Chop into small pieces. Set aside.
3. Peel off skin off garlic and mince into small pieces. Add onion, garlic and peppers to skillet and stir.
4. Clean mushrooms and cut tough parts off bottom of stems. Slice into 1/8th inch slices.
5. While vegetables are cooking, squeeze water out of spinach. Add mushrooms to skillet and cook about 15 to 20 minutes. When mushrooms are soft, add oregano and spinach and heat through.
6. Pour half of the enchilada sauce into a 13x9-inch baking dish. Cut tortillas in half and arrange half of them over the sauce in the baking dish. Spoon half the mushroom mixture into the baking dish, carefully covering tortillas.
7. 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.
8. Allow casserole to stand at room temperature 5 minutes before serving. Serve with pinto or black beans and salad.

Nutrition Facts	
Serving Size: 1/8 pie	
Servings: 8	
Amount Per Serving	
Calories 251	Calories from Fat 72
%Daily Value*	
Total Fat 8g	13%
Saturated Fat 3g	15%
Cholesterol 18mg	6%
Sodium 329mg	14%
Total Carbohydrate 32g	11%
Dietary Fiber 7g	28%
Protein 17g	33%
Vitamin A 139%	Vitamin C 141%
Iron 25%	Calcium 45%
*Percent Daily Values are based on a 2,000 calorie diet.	

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