

## Green Chicken Enchilada Casserole



Servings: 8

- Cooking spray
  - 1 heaping cup (~8 ounces) of cooked shredded chicken (Ok to use Rotisserie chicken or drained canned chicken)
  - Fine salt and black pepper
  - 1 (15-ounce) can black beans, drained and rinsed
  - 1 ½ cups plain whole milk yogurt
  - ¾ teaspoon garlic powder
  - ¾ teaspoon onion powder
  - ¾ teaspoon ground cumin
  - 1 (5-ounce) container fresh baby spinach, roughly chopped
  - ½ cup chopped fresh cilantro leaves, plus more for garnish
  - 2 (14- or 15-ounce) cans green enchilada sauce\*
  - 8 ounces shredded Monterey jack cheese, divided
  - 9 yellow corn tortillas (6-inch), cut in half
  - Optional: finely diced red onion, sliced avocado, and/or lime wedges
- \*Note: you can use a mix of salsa verde and canned crushed tomatillos

Green Chicken Enchilada Casserole		
Nutrition Facts		
Serving Size	1 Serving	
Amount Per Serving		
<b>Calories</b>	<b>380</b>	
	% Daily Value*	
Total Fat	16.5 g	21 %
Saturated Fat	7.5 g	37 %
Trans Fat	0.3 g	
Cholesterol	58.9 mg	20 %
Sodium	1083.7 mg	47 %
Total Carbohydrate	35.1 g	13 %
Dietary Fiber	7.7 g	27 %
Total Sugars	4.6 g	
Added Sugars	1.4 g	3 %
<b>Protein</b>	23.9 g	
Vitamin D	0.4 mcg	2 %
Calcium	342.3 mg	26 %
Iron	2.2 mg	12 %
Potassium	547.2 mg	12 %

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Full info at [cronometer.com](http://cronometer.com) </>

### INSTRUCTIONS

1. Preheat the oven to 375°F. Spray a [9×13-inch baking dish](#) with cooking spray.
2. Add the black beans, yogurt, garlic powder, onion powder, cumin, chopped spinach, and cilantro to a medium bowl; stir to combine.
3. Mist the same baking dish with more cooking spray. Fold the cooked, shredded chicken into the yogurt mixture in the bowl.
4. To the bottom of the baking dish, add ¾ cup enchilada sauce. Layer 6 tortillas halves over the sauce (this will not cover the sauce completely).
5. Spread ⅓ of the chicken-bean mixture over the tortillas. Sprinkle with ½ cup cheese. Drizzle ¾ cup enchilada sauce over the top, then repeat the layers two more times, ending with the remaining enchilada sauce. Reserve the remaining ½ cup cheese for later.
6. Cover the dish with foil and place in the preheated oven.
7. Bake at 375°F for 30 minutes or until bubbly and the center is hot.
8. Remove the foil from the dish. Sprinkle the casserole with the remaining ½ cup cheese and return the dish to the oven to bake for an additional 5 minutes. Remove from the oven when the cheese is melted. Allow the casserole to stand for 10 minutes to allow the casserole to thicken up before serving.
9. Serve with chopped fresh cilantro, finely diced red onion, diced or sliced avocado, and/or lime wedges.

Adapted from [Green Chicken Enchilada Casserole \(Healthy\) - The Real Food Dietitians](#)