






 **27%**
HEALTH SCORE

Cornbread Casserole and Butternut Squash, Mushrooms, and Ancho Mole

 Vegetarian  Gluten Free

READY IN

45 min.

SERVINGS

8

CALORIES

878 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 8 servings ancho chili pepper
- 0.8 teaspoon double-acting baking powder
- 2 cups black beans rinsed drained (from two 15-ounce cans)
- 10 tablespoons butter divided melted ()
- 1 large egg yolk
- 2 large eggs
- 1.5 tablespoons sage fresh chopped

- 4 teaspoons thyme sprigs fresh chopped
- 3 large garlic clove chopped
- 2.5 teaspoons ground cumin
- 4 cups corn tortillas (corn tortilla mix)
- 4 cups corn tortillas (corn tortilla mix)
- 1.3 pounds chanterelles wild assorted coarsely chopped (such as oyster, chanterelle, and portobello)
- 3 tablespoons olive oil extra virgin extra-virgin
- 2.5 cups onion chopped
- 3 tablespoons parsley fresh italian finely chopped
- 2.3 teaspoons salt
- 2 cups frangelico diced (from two)
- 0.5 cup water
- 4.3 cups water ()
- 0.7 cup cornmeal yellow

Equipment

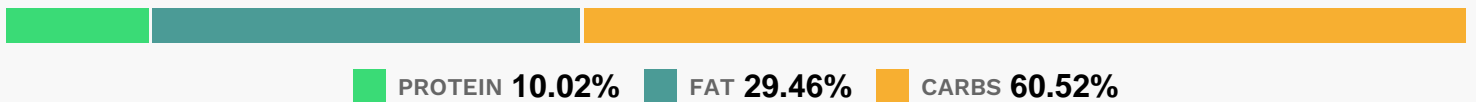
- bowl
- oven
- whisk
- pot
- plastic wrap
- baking pan
- offset spatula
- glass baking pan

Directions

- Heat oil in large pot over medium-high heat.
- Add onions; saut until golden, about 10 minutes.
- Add mushrooms; saut until tender, about 10 minutes.

- Add sage, thyme, garlic, and cumin; stir 1 minute.
- Add squash, beans, tomatoes with juice, and 1/2 cup water; bring to boil. Reduce heat to medium, cover, and simmer 8 minutes. Uncover and simmer until vegetables are tender and most of liquid has evaporated but mixture is still very moist, about 12 minutes. Season filling generously with salt and pepper. (Can be made 1 day ahead. Cool slightly. Cover; chill.)
- Preheat oven to 350F. Butter 15x10x2-inch glass baking dish.
- Mix Masa Harina, cornmeal, salt, and baking powder in large bowl.
- Whisk 4 1/4 cups water, 6 tablespoons melted butter, eggs, and egg yolk in another large bowl to blend. Stir egg mixture into Masa Harina mixture. Stir in cheese and parsley, adding more water by tablespoonfuls as needed to form thick moist dough.
- Transfer 4 cups dough to prepared baking dish.
- Place large piece of plastic wrap atop dough. Using plastic as aid, press dough evenly over bottom and 3/4 of the way up sides of dish; peel off plastic. Spoon filling into dough in dish, spreading evenly. Spoon remaining dough in small dollops atop filling. Using offset spatula, gently spread dollops evenly over filling to cover. Press top and bottom dough together at edges to seal, enclosing filling. (Can be made 1 day ahead. Cover; chill.)
- Brush top of casserole with 4 tablespoons melted butter.
- Bake until dough is light golden and casserole is heated through, about 1 hour (or about 1 hour 15 minutes if chilled). Cool 10 minutes.
- Cut into squares; serve with Ancho Mole.

Nutrition Facts



Properties

Glycemic Index:60.06, Glycemic Load:54.77, Inflammation Score:-9, Nutrition Score:37.916521652885%

Flavonoids

Apigenin: 3.27mg, Apigenin: 3.27mg, Apigenin: 3.27mg, Apigenin: 3.27mg Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg Quercetin: 10.17mg, Quercetin: 10.17mg, Quercetin: 10.17mg, Quercetin: 10.17mg

Nutrients (% of daily need)

Calories: 877.58kcal (43.88%), Fat: 29.66g (45.63%), Saturated Fat: 11.66g (72.88%), Carbohydrates: 137.06g (45.69%), Net Carbohydrates: 112.98g (41.08%), Sugar: 5.75g (6.39%), Cholesterol: 107.07mg (35.69%), Sodium: 951.15mg (41.35%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.7g (45.41%), Copper: 4.22mg (210.93%), Fiber: 24.08g (96.33%), Phosphorus: 942.03mg (94.2%), Manganese: 1.5mg (75.01%), Magnesium: 240.03mg (60.01%), Iron: 8.02mg (44.54%), Vitamin B6: 0.78mg (38.8%), Vitamin B3: 7.22mg (36.12%), Zinc: 4.93mg (32.87%), Selenium: 22.99µg (32.84%), Potassium: 1144.6mg (32.7%), Vitamin K: 30.4µg (28.95%), Calcium: 288.62mg (28.86%), Vitamin B1: 0.42mg (28.16%), Vitamin D: 4.12µg (27.47%), Vitamin B2: 0.45mg (26.74%), Folate: 104.16µg (26.04%), Vitamin A: 990.57IU (19.81%), Vitamin B5: 1.56mg (15.65%), Vitamin E: 2.13mg (14.23%), Vitamin C: 8.01mg (9.71%), Vitamin B12: 0.18µg (3.04%)