



WHATSheATE



Mexican Fiesta Casserole



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



235 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 cup black beans canned rinsed drained
- ☐ 2 teaspoons canola oil
- ☐ 0.7 cup corn kernels frozen
- ☐ 8 6-inch corn tortillas ()
- ☐ 0.5 pound pd of ground turkey lean
- ☐ 1.5 cups reduced fat mexican blend cheese shredded reduced-fat
- ☐ 1 cup onion finely chopped
- ☐ 2 cups salsa jarred

- ☐ 0.3 cup spring onion light white green sliced (and parts only)
- ☐ 0.5 cup cream fat-free sour low-fat for serving (or use ; optional)
- ☐ 1.3 ounces taco seasoning low-sodium
- ☐ 1 cup zucchini finely chopped

Equipment

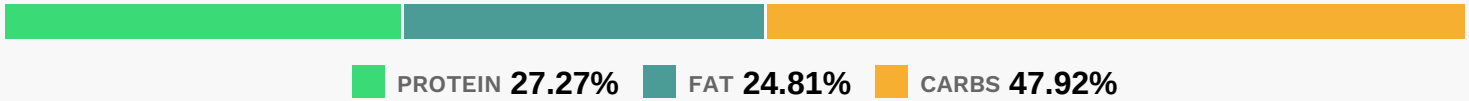
- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat the oven to 350°F. Spray a 9 by 13-inch baking dish with cooking spray.
- ☐ In a large skillet, heat the oil over medium-high heat.
- ☐ Add the turkey and cook until browned, 5 to 7 minutes. Stir in the onions and zucchini and cook until tender, about 5 minutes. Stir in the taco seasoning, 2/3 cup water, and the corn. Simmer until thickened, about 2 minutes, then stir in the black beans.
- ☐ Spread 1/2 cup of the salsa in the bottom of the baking dish.
- ☐ Lay 4 tortillas over the salsa, and spoon half of the meat mixture on top. Cover with 3/4 cup of the salsa and 1 cup of the shredded cheese. Top with 4 more tortillas and the remaining 3/4 cup salsa. Scatter the remaining 1/2 cup shredded cheese over the top.
- ☐ Bake the casserole until the cheese is melted and bubbling, about 25 minutes. Slice and serve, topped with scallions and sour cream.
- ☐ Go Green
- ☐ This is one of those dishes where you can sneak in your greens, making it great for kids. The zucchini in this casserole takes on all the great Mexican flavors so kids won't even know they're eating something that's good for them. I like to experiment with other vegetables too. Yellow squash, peas, and cut green beans are equally tasty in place of zucchini.
- ☐ Nutritional count does not include sour cream for serving.
- ☐ Other
- ☐ Reprinted with permission from From Mama's Table to Mine by Bobby Deen, © 2013 by Bobby Deen Enterprises, LLC Born in Georgia BOBBY DEEN is the son of famous Food Network host

and bestselling cookbook author Paula Deen, as well as the host of his own show, the Cooking Channel's Not My Mama's Meals. Bobby, along with his brother, Jamie, got his start in the food business in 1989 delivering sandwiches as part of his mother's business, The Bag Lady. The three Deens then joined forces to open a restaurant, The lady & Sons, in Savannah. Bobby is a regular guest on Today, Good Morning America, Rachel Ray, and The Dr. Oz Show. He is a frequent guest on many Food Network Shows, including Paula's Home Cooking. Writer MELISSA CLARK's work appears in The New York Times, Food & Wine, Martha Stewart, and Real Simple. She has also collaborated on more than twenty cookbooks, one of which received both a James Beard Award and the Julia Child Cookbook Award in 2000.

Nutrition Facts



Properties

Glycemic Index:15.56, Glycemic Load:5.54, Inflammation Score:-7, Nutrition Score:14.194347873978%

Flavonoids

Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.5mg, Quercetin: 4.5mg, Quercetin: 4.5mg, Quercetin: 4.5mg

Nutrients (% of daily need)

Calories: 234.66kcal (11.73%), Fat: 6.8g (10.46%), Saturated Fat: 2.85g (17.82%), Carbohydrates: 29.52g (9.84%), Net Carbohydrates: 23.55g (8.56%), Sugar: 5.63g (6.25%), Cholesterol: 29.91mg (9.97%), Sodium: 1106.28mg (48.1%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.81g (33.61%), Phosphorus: 345.23mg (34.52%), Calcium: 316.84mg (31.68%), Vitamin B6: 0.5mg (25.14%), Fiber: 5.97g (23.9%), Vitamin B3: 4.27mg (21.36%), Vitamin A: 964.43IU (19.29%), Selenium: 12.96µg (18.52%), Magnesium: 60.2mg (15.05%), Zinc: 2.2mg (14.67%), Potassium: 500.3mg (14.29%), Manganese: 0.28mg (14.19%), Vitamin B2: 0.21mg (12.5%), Vitamin C: 8.87mg (10.75%), Vitamin K: 10.99µg (10.47%), Folate: 39.64µg (9.91%), Iron: 1.73mg (9.6%), Vitamin B12: 0.54µg (8.94%), Vitamin B1: 0.13mg (8.66%), Copper: 0.17mg (8.49%), Vitamin E: 1.15mg (7.66%), Vitamin B5: 0.56mg (5.56%), Vitamin D: 0.2µg (1.32%)