



Tortilla Casserole with Turkey

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



674 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 cups chayote squashes thinly sliced
- ☐ 1 cup cilantro leaves coarsely chopped
- ☐ 0.8 cup corn oil
- ☐ 18 corn tortillas
- ☐ 1 cup ears corn fresh frozen thawed
- ☐ 5 garlic clove chopped
- ☐ 2 cups green beans steamed cut into 1-inch pieces
- ☐ 1 tablespoon milk

- ☐ 8 ounces cheese shredded
- ☐ 8 servings sea salt to taste
- ☐ 8 servings pepper black to taste
- ☐ 8 serrano chiles deveined seeded for a milder dish (and)
- ☐ 2 cups cream sour
- ☐ 6 cups salsa verde
- ☐ 3 pounds tomatillos husked rinsed
- ☐ 2 cups turkey gravy shredded leftover
- ☐ 2 tablespoons vegetable oil
- ☐ 4 cups water
- ☐ 3 medium zucchini thinly sliced

Equipment

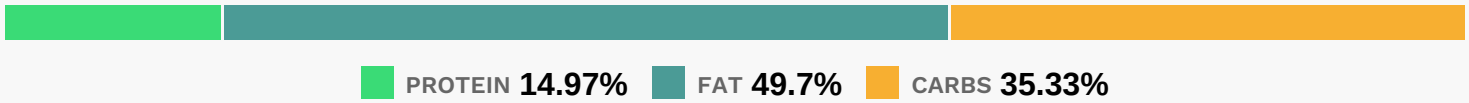
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ blender
- ☐ baking pan
- ☐ aluminum foil
- ☐ tongs

Directions

- ☐ Prepare the Salsa de Tomatillo. In a heavy, 6-quart, nonreactive saucepan over medium-high heat, combine tomatillos, chiles, and water; bring to a boil. Reduce heat to low and simmer until the tomatillos are tender, about 10 to 12 minutes.

- ☐ Drain, reserving 1/2 to 1 cup of the cooking liquid. Working in batches, combine tomatillos, chiles, reserved cooking liquid, garlic, and cilantro in a blender and blend to a smooth puree. In a heavy, 12-inch, deep-sided skillet, heat the oil over medium heat and cook the tomatillo mixture for about 10 minutes, stirring often.
- ☐ Add salt to taste.
- ☐ Prepare the casserole. In a heavy, 10-inch skillet, heat 3/4 cup of the corn oil over medium heat until the oil shimmers. Using tongs, submerge the tortillas, one at a time, in the hot oil for about 10 seconds (the tortillas should remain pliable).
- ☐ Transfer to a baking sheet lined with paper towels to drain. Lightly oil a 13-by-9-inch baking dish and set aside. In a heavy, 12-inch, nonstick skillet, heat the remaining 1 tablespoon of oil over medium heat until shimmering.
- ☐ Add both kinds of squash and cook over medium heat about 5 minutes.
- ☐ Add the corn and green beans and cook until just tender, about 2 to 3 minutes.
- ☐ Add salt and pepper to taste.
- ☐ Preheat oven to 375 degrees. Arrange 6 of the softened tortillas in the prepared baking dish, overlapping the edges. Cover with half of the shredded turkey, half of the vegetable mixture, 1 cup of the cheese, 1 cup of the Salsa de Tomatillo, and 3/4 cup of the sour cream. Repeat the layering process with 6 additional tortillas, the remaining turkey, vegetable mixture, and cheese, 1 cup of the Salsa de Tomatillo, and 3/4 cup of the sour cream. Top with the remaining 6 tortillas.
- ☐ Drizzle with 1 cup of the Salsa de Tomatillo, cover with foil, and bake in preheated oven for about 50 minutes, or until heated through.
- ☐ During the last few minutes of the cooking time, heat the remaining 3 cups Salsa de Tomatillo over low heat and keep warm. In a small bowl, whisk together the remaining 1/2 cup sour cream and the milk; drizzle over the hot casserole when it comes out of the oven.
- ☐ Serve the hot casserole with hot Salsa de Tomatillo on the side.
- ☐ · You can substitute duck, chicken, or any other poultry for the turkey in this dish. (Ravago does not recommend using beef or pork.) Or, you can leave the meat out altogether to make a hearty vegetarian entree. This recipe can be made up to 2 days in advance, and kept refrigerated. Follow the recipe up through baking the casserole, but do not add the final 1 cup of tomatillo sauce on top, otherwise the dish will become too soggy. Before serving, let the dish come to room temperature, then top with the tomatillo sauce and reheat in a 375°F oven until warm, about 20 minutes. Check the dish twice during the reheating; add more tomatillo sauce if it seems dry.

Nutrition Facts



Properties

Glycemic Index:33.81, Glycemic Load:12.5, Inflammation Score:-9, Nutrition Score:30.827391551889%

Flavonoids

Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 3.29mg, Quercetin: 3.29mg, Quercetin: 3.29mg, Quercetin: 3.29mg

Nutrients (% of daily need)

Calories: 673.9kcal (33.7%), Fat: 37.72g (58.03%), Saturated Fat: 13.55g (84.67%), Carbohydrates: 60.32g (20.11%), Net Carbohydrates: 50.66g (18.42%), Sugar: 24.62g (27.36%), Cholesterol: 100.65mg (33.55%), Sodium: 1699.2mg (73.88%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.56g (51.12%), Vitamin C: 50.96mg (61.77%), Phosphorus: 570.35mg (57.04%), Vitamin A: 2475.97IU (49.52%), Vitamin K: 50.25µg (47.86%), Vitamin B3: 8.58mg (42.92%), Potassium: 1466.58mg (41.9%), Manganese: 0.81mg (40.54%), Fiber: 9.66g (38.64%), Vitamin B6: 0.74mg (37.03%), Selenium: 25.84µg (36.91%), Calcium: 362.42mg (36.24%), Magnesium: 134.71mg (33.68%), Vitamin B2: 0.55mg (32.22%), Zinc: 3.94mg (26.24%), Folate: 95.1µg (23.77%), Copper: 0.42mg (21.17%), Vitamin B1: 0.27mg (17.78%), Iron: 3.13mg (17.41%), Vitamin E: 2.52mg (16.77%), Vitamin B5: 1.43mg (14.28%), Vitamin B12: 0.79µg (13.14%), Vitamin D: 0.33µg (2.2%)