



Turkey, Mushroom and Corn Mexican Casserole

READY IN



60 min.

SERVINGS



6

CALORIES



814 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 3 tablespoons butter
- 1 cup chicken stock see
- 1 small handful cilantro leaves fresh for garnishing
- 2 cups defrosted corn kernels fresh frozen (4 ears)
- 12 ounces crimini mushrooms sliced
- 2 tablespoons evoo
- 2 tablespoons flour
- 6 8-inch flour tortillas

- 2 cloves garlic chopped
- 1.5 cups manchego cheese shredded
- 0.5 cup crema mexicana
- 1 cup milk
- 2.5 cups monterey jack shredded
- 1 small onion chopped
- 3 medium poblano peppers stemmed seeded chopped
- 6 servings salt and pepper black freshly ground
- 2 small shallots red chopped
- 4 cups turkey meat cooked chopped

Equipment

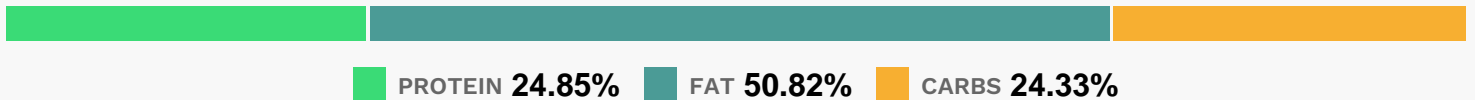
- food processor
- frying pan
- oven
- whisk
- pot
- blender
- casserole dish

Directions

- Watch how to make this recipe.
- For the sauce: In a blender or food processor, combine the peppers with the stock, garlic, onions, cilantro and some salt and pepper, then puree. In a saucepot over medium heat, melt the butter, then whisk in the flour.
- Add the milk and cream and raise the heat a bit.
- Add the poblano puree and simmer to thicken and cook the sauce, 20 to 25 minutes.
- Heat the EVOO in a large skillet over medium-high heat; add the butter and melt into the oil. Brown the mushrooms, about 10 minutes. Then add the corn and shallots, and cook to lightly brown the corn and soften the shallots, about 5 minutes more.

- Add the turkey and stock and heat through.
- Char the tortillas over an open flame on a gas burner, or in dry skillet.
- Layer half the turkey, mushrooms and corn in a casserole dish, and top with half the sauce, cheese and a shingled layer of 3 tortillas. Top the tortillas with the remaining turkey, mushrooms and corn, tortillas, sauce and cheese. Cool and store for a make-ahead meal, or bake to serve.
- Bake at 400 degrees F from room temperature until heated through and brown and bubbly.

Nutrition Facts



Properties

Glycemic Index:63.67, Glycemic Load:11.43, Inflammation Score:-8, Nutrition Score:35.738695434902%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 2.82mg, Luteolin: 2.82mg, Luteolin: 2.82mg, Luteolin: 2.82mg Isorhamnetin: 2.42mg, Isorhamnetin: 2.42mg, Isorhamnetin: 2.42mg, Isorhamnetin: 2.42mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 11.5mg, Quercetin: 11.5mg, Quercetin: 11.5mg, Quercetin: 11.5mg

Nutrients (% of daily need)

Calories: 813.98kcal (40.7%), Fat: 46.34g (71.29%), Saturated Fat: 23.3g (145.64%), Carbohydrates: 49.92g (16.64%), Net Carbohydrates: 44.73g (16.27%), Sugar: 12.3g (13.67%), Cholesterol: 166.22mg (55.41%), Sodium: 1258.18mg (54.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 50.99g (101.97%), Calcium: 854.64mg (85.46%), Selenium: 57.33µg (81.9%), Vitamin B3: 13.74mg (68.71%), Phosphorus: 668.81mg (66.88%), Vitamin C: 52.86mg (64.07%), Vitamin B2: 0.97mg (57.06%), Vitamin B6: 1.01mg (50.69%), Vitamin B1: 0.5mg (33.32%), Zinc: 4.62mg (30.81%), Vitamin B12: 1.84µg (30.61%), Folate: 119.73µg (29.93%), Manganese: 0.6mg (29.85%), Potassium: 938.3mg (26.81%), Copper: 0.53mg (26.65%), Vitamin A: 1167.3IU (23.35%), Vitamin B5: 2.31mg (23.15%), Iron: 3.94mg (21.87%), Fiber: 5.18g (20.74%), Magnesium: 79.89mg (19.97%), Vitamin K: 15.2µg (14.48%), Vitamin E: 1.38mg (9.19%), Vitamin D: 0.97µg (6.49%)