

Butternut Squash Mexican Enchilada Casserole

Yield: 8 min
Total Time: 58 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-for-mexican-enchilada-casserole>

Ingredients:

- 1 tablespoon extra virgin olive oil
- 1 yellow onion sliced
- 2 cloves garlic minced
- 3 cups butternut squash cubed
- 15 ounces black beans rinsed and drained
- 1 cup salsa
- 2/3 cup water
- 2 teaspoons cumin
- 1 teaspoon chili powder
- 1/2 teaspoon salt
- 4 cups kale leaves baby
- 3 cups cooked chicken rotisserie is great!
- 2 cups cheese shredded Mexican four-, blend
- 14 ounces enchilada sauce
- 4 tortillas corn or flour -- we like whole wheat flour

Nutrition:

1. Calories: 490 calories
2. Carbohydrate: 45 grams
3. Cholesterol: 75 milligrams
4. Fat: 22 grams
5. Fiber: 9 grams
6. Protein: 31 grams
7. SaturatedFat: 9 grams
8. Sodium: 1440 milligrams
9. Sugar: 7 grams

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