

# Baked Enchilada Casserole

Prep: 20 minutes | Cook: 30 minutes | Total: 50 minutes

Yield: 6 servings | Serving Size: 2 enchiladas

## Ingredients

Nonstick cooking spray  
1 tablespoon olive oil  
1 medium onion, diced (about 1 cup)  
1 (10-ounce) bag fresh or frozen spinach  
1½ pounds cooked protein, chopped or shredded if needed (about 4 cups; e.g. chicken, pork, beef, shrimp, beans, lentils, tempeh, tofu)  
1 (4-ounce) can diced green chiles  
3 cups enchilada sauce (homemade or store-bought; one 28-ounce can)  
18 (4-inch) corn tortillas, divided  
2 cups Mexican style shredded cheese

## Directions

1. Preheat oven to 350°F. Coat the inside of a 9x13-inch baking pan with nonstick cooking spray and set aside.
2. Heat a large skillet or sauté pan over medium heat.
3. Add the oil and heat until shimmering.
4. Add the onion. Cook until softened, about 5-7 minutes.
5. Add the spinach and cook until wilted or thawed.
6. Add the selected protein and green chiles. Cook until warmed through, then remove from the heat.
7. Pour the enchilada sauce into a shallow microwave-safe dish (e.g. glass pie dish, shallow bowl) and warm in the microwave, about 1-2 minutes.
8. Set up a station with the following items, in this order: tortillas, warmed enchilada sauce, prepared baking pan, protein-spinach mixture, and shredded cheese.
9. Working one tortilla at a time, dip one tortilla in the sauce to coat and then place in the baking pan. Add ¼ cup of the protein-spinach mixture, then roll into a tube. Push to the side of the pan or next to the previous enchilada. Repeat with 11 more tortillas and protein-spinach mixture.
10. Spread any remaining protein-spinach mixture over the enchiladas. Dip the remaining 6 tortillas in the sauce and layer over the top. Spread any remaining sauce over the top, then sprinkle with the cheese.
11. Bake uncovered until warmed through, about 25-30 minutes. Serve warm.

**Nutrition Facts Per Serving: Calories: 405 | Total Fat: 10.5 g | Saturated Fat: 2.5 g  
Sodium: 650 mg | Total Carbohydrate: 39 g | Dietary Fiber: 6.5 g | Protein: 39 g**

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