Greens and Black Bean Chilaquiles
Makes 4 servings

Ingredients:

1 cup black beans, canned
1 cup corn, canned or frozen
1 cup kale, shredded
½ cup broccoli, chopped
½ cup onion, chopped
1 clove garlic
½ cup low-fat cheddar cheese, shredded
6, 8 inch corn tortillas
2 teaspoons canola oil
1 cup tomatoes, canned, diced
½ cup salsa
½ teaspoon black pepper

Directions:

1. Preheat oven to 400º F; lightly oil 8 inch baking pan.
2. Drain beans, using a colander. Rinse under tap water until water runs clear. Drain and rinse corn.
3. Wash kale and remove stems. Cut kale into thin shreds.
4. Wash and chop broccoli. Use broccoli florets and stalks. Remove outer layer of thick stalks with a vegetable peeler.
6. Heat oil over medium high heat in a saucepan or skillet. Add onions, garlic, kale and broccoli; sauté 3 – 5 minutes.
7. Stir in beans, corn, tomatoes, salsa and pepper; simmer 5 – 10 minutes, stirring occasionally to blend mixture.
8. Cut tortillas into strips or tear into pieces. Shred cheese.
9. In baking dish, assemble in layers: half the tortilla pieces; half the bean mixture; and half the cheese; repeat with a second layer.
10. Bake 25 minutes at 400°F. Check after 15 minutes and cover with aluminum foil, if needed, to prevent burning.

Source: Cooking Up Fun! Vary Your Vegetables

Recipe analyzed using The Food Processor® Nutrition Analysis Software from ESHA Research, Salem, Oregon.