Enchilada Casserole

Ingredients:
1 (28-ounce) can green enchilada sauce  
2 cups cooked beans of canned beans (pinto, black, kidney), drained  
3 cups cooked brown rice  
1 (15-ounce) can whole kernel corn, drained or 1 ½ cups frozen corn  
12 (6-inch) corn tortillas  
3 cups reduced-fat Cheddar cheese, grated

Directions:
1. Preheat oven to 350°F.
2. In a large bowl, mix sauce, beans, rice and corn.
3. Place half of mixture on bottom of a 9 x 13 pan (or divide the half of the mixture evenly between two 9-inch pans).
4. Place corn tortillas over the mixture.
5. Place the remaining mixture evenly over the tortillas.
6. Top with cheese.
7. Cover with foil. Bake for 10 minutes. Remove cover and bake for 15-20 more minutes, or until bubbly.
8. Cut large pan into 8 servings (or smaller pans into 4 servings each).
9. Refrigerate leftovers. Keeps up to a month in the freezer double-wrapped in foil.

Yields about 8 servings

Source: Adapted from Eating Smart, Being Active, California EFNEP and Colorado EFNEP