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| b97d43_296573239b324bec8d13278f588fd3f7.jpeg***Enchilada Casserole with Sweet Potato and Lentils****MyPlate2Yours - Lynn Dugan*Serving Size: 4-6Ingredients1 tablespoon olive oil, and more for pan1 onion, diced1-1/2 cups peeled and grated sweet potato2 teaspoon chili powder 2 teaspoon dried oregano1 teaspoon ground cumin1 teaspoon garlic powder1 tablespoon brown sugar 1 can (28 oz.) crushed tomatoes (do not use Centi brand)½ cup water 2 cups cooked green lentils salt and freshly ground pepper, to taste 6 medium whole wheat tortillas, cut in half 1 ½ cups grated cheddar cheese Fresh cilantro, chopped, for garnish DirectionsPreheat oven to 350°F. Heat a medium saucepan and add oil, onion, and grated sweet potato. Cook until lightly golden in color. Add spices- chili powder, oregano, cumin, garlic, and brown sugar- sauté until fragrant. Stir in crushed tomatoes and water. Bring to a boil, then reduce to a simmer. Cover with a lid and simmer for another 5 minutes, stirring often. Stir in cooked lentils and cook for another 3-5 minutes. Season to taste with salt and pepper. Prepare a 9x11-inch baking dish with cooking spray or brush lightly with olive oil. Lay 4 tortilla halves in one layer covering the bottom of the dish. Transfer half of the lentil mixture onto the tortilla layer, spreading out evenly. Sprinkle with a third of the cheese. Continue with the next layer of tortillas, sauce, and cheese. Top with remaining 4 tortilla halves and cheese. Bake uncovered for 25 minutes or until cheese bubbles. Garnish with fresh chopped cilantro. Enjoy! |