

Black Bean Chilaquile

From – *Moosewood Restaurant Low-Fat Favorites*

1 cup chopped onions
1 tbs olive oil
1 cup chopped tomatoes
1 ½ cups fresh or frozen corn kernels
1 ½ cups cooked black beans (15 oz can, drained)
2 tbs fresh lime juice
1 tsp salt
½ tsp ground black pepper
2 cups rinsed, stemmed and chopped Swiss chard or spinach
2 cups crushed baked tortilla chips
2 oz grated fat-free sharp Cheddar cheese
2 cups prepared Mexican-style red salsa

- Preheat the oven to 350 degrees.
- Saute` the onions in the oil for about 8 minutes, until translucent.
- Stir in the tomatoes, corn, black beans, lime juice, salt and pepper and continue to saute` for another 5 to 10 minutes, until just heated through.
- Meanwhile, in another saucepan, blanch the greens in boiling water to cover for 1 to 3 minutes, until just wilted but still bright green.
- Drain immediately and set aside.
- Prepare an 8” x 8” casserole dish or baking pan with a very light coating of oil or cooking spray.
- Spread half of the crushed tortilla chips on the bottom.
- Spoon the sautee`d vegetables over the tortilla chips and sprinkle on about two-thirds of the grated Cheddar.
- Arrange the greens evenly over the cheese and spoon on half of the salsa.
- Finish with the rest of the tortilla chips and top with the remaining salsa and Cheddar.
- Bake for about 35 to 40 minutes, until the cheese is bubbling and beginning to brown.



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