Black Bean Chilaquile
From – Moosewood Restaurant Low-Fat Favorites

1 cup chopped onions
1 tbls 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 tbls 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.

For more recipes visit us at
www.HealthyHarvestFarmCSA.com