



Tortilla Pie

★★★★☆

My husband and I enjoy this southwestern take on lasagna because it's not as dense or heavy as traditional layered dishes made with pasta. Our two daughters enjoy the mild flavor. —Lisa King, Caledonia, Michigan

TOTAL TIME: Prep/Total Time: 30 min.

YIELD: 4 servings.

Ingredients

1/2 pound lean ground beef (90% lean)

1/2 cup chopped onion

2 garlic cloves, minced

1 teaspoon chili powder

1/2 teaspoon ground cumin

1 can (14-1/2 ounces) Mexican diced tomatoes, drained

3/4 cup reduced-fat ricotta cheese

1/4 cup shredded part-skim mozzarella cheese

3 tablespoons minced fresh cilantro, divided

4 whole wheat tortillas (8 inches)

1/2 cup shredded cheddar cheese

Directions

1. Preheat oven to 400°. In a large skillet, cook and crumble beef with onion and garlic over medium heat until no longer pink, 4-6 minutes. Stir in spices and tomatoes. Bring to a boil; remove from heat. In a small bowl, mix ricotta cheese, mozzarella cheese and 2 tablespoons cilantro.

2. Place 1 tortilla in a 9-in. round baking pan coated with cooking spray. Layer with half the meat sauce, 1 tortilla, ricotta mixture, another tortilla and remaining meat sauce. Top with remaining tortilla; sprinkle with cheddar cheese and remaining cilantro.

3. Bake, covered, until heated through, 15-20 minutes.

Nutrition Facts

1 serving: 356 calories, 14g fat (6g saturated fat), 65mg cholesterol, 574mg sodium, 32g carbohydrate (7g sugars, 5g fiber), 25g protein. **Diabetic Exchanges:** 3 medium-fat meat, 2 starch.

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