

## Southwestern Lasagna

4 servings

### *What you need:*

- 1 (15 oz) can black beans, rinsed & drained
- 1-1/2 cups frozen corn, thawed\*
- 1 small onion, chopped
- 1 green or red bell pepper, chopped
- 1 (10 oz) can green (tomatillo) or red enchilada sauce
- 8 (6-inch) corn tortillas cut in half
- ½ cup of your favorite salsa
- ¾ cup shredded cheddar or Colby-jack cheese



### *All you do:*

- 1) Preheat the oven to 350°.
- 2) In a medium bowl, mix together the beans, corn, onions and peppers.
- 3) Spray the bottom of an 8 in. x 8 in. baking pan with non-stick spray; spread ¼ cup of the enchilada sauce over the bottom of the pan.
- 4) Cover the bottom of the pan with six of the tortilla halves.
- 5) Spoon 1/2 of the bean mixture over the tortillas.
- 6) Drizzle ¼ cup of sauce over the bean mixture and sprinkle with ¼ cup cheese.
- 7) Repeat this layering process once again (with 5 tortilla halves).
- 8) Place the remaining 5 tortilla halves over the last layer; top with ½ cup of salsa and the remaining enchilada sauce and cheese.
- 9) Bake uncovered for 35 – 40 minutes, until the lasagna is hot and bubbly.

\*Thaw the frozen corn by holding under running cold water for several minutes or by microwaving for a few minutes (drain well).

Nutrition information, per serving: 370 calories, 9g total fat, 3 g saturated fat, 900mg sodium, 58g carbohydrate, 10g dietary fiber, 16g protein.