|  |  |  |
| --- | --- | --- |
|  | **Ingredients** | **Step** |
| Tortilla Casserole | 1 cup  medium **salsa**  1 can  (8 ounces) **tomato sauce**  1 can  (15 ounces) **black beans**, rinsed and drained  1 can  (15 ounces) **whole-kernel corn**, drained (or 1 cup frozen corn, thawed)  1⁄2 cup  packed fresh **cilantro** leaves  4  **whole wheat tortillas**, 10-inch diameter  6 ounces  (1 1/2 cups) shredded reduced-fat **Monterey Jack** or **Mexican blend cheese** | 1. Drain and press tofu to remove extra liquid.  Crumble; set aside. 2. In a medium skillet over medium heat, sauté onion and bell pepper in oil until tender, 5-7 minutes. 3. Add spinach, garlic, salt and pepper.  Stir to combine. 4. Add tofu; cook and stir until heated through.  Sprinkle cheese over the top.  Serve hot. 5. Refrigerate leftovers within 2 hours. |