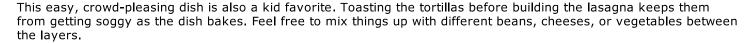


Tortilla Lasagna

Vegetarian Times Issue: p. — Member Rating: ****





Ingredient List

Serves 8

6 8-inch fat-free flour tortillas

1 Tbs. olive oil

1 small onion, chopped (1 cup)

2 Tbs. chili powder

2 tsp. ancho chile powder

2 cloves garlic, minced (2 tsp.)

2 cups strained tomatoes, such as Pomì, divided

1 1/2 cups cooked black beans, or 1 15-oz. can black beans, rinsed and drained

1 medium chayote, peeled and diced, or 2 medium zucchini, diced (1 1/2 cups)

1/2 cup fresh or frozen corn kernels

1 1/2 cups grated Monterey Jack or pepper Jack cheese

Directions

- 1. Preheat oven to 350°F. Toast tortillas on 2 baking sheets in oven 5 minutes, or until light brown, turning once.
- 2. Heat oil in saucepan over medium heat. Add onion, and sauté 5 minutes, or until soft. Stir in chili powder, ancho chile powder, and garlic, and cook 30 seconds. Add 11/2 cups strained tomatoes, beans, chayote, corn, and 1/2 cup water, and season with salt and pepper, if desired. Cover, and cook 10 minutes, or until chayote is tender.
- 3. Coat 2-inch-deep x 8-inch round baking dish with cooking spray. Spread 1/4 cup strained tomatoes in bottom of pan. Set 1 toasted tortilla in pan; top with 3/4 cup bean mixture and 1/4 cup cheese. Repeat layering 4 more times. Top with last tortilla, and spread remaining 1/4 cup strained tomatoes over top. Sprinkle with remaining 1/4 cup cheese. Bake 30 to 45 minutes, or until casserole is bubbly and cheese has melted. Let stand 10 minutes before cutting into 8 wedges.

Nutritional Information

Per wedge: Calories: 226, Protein: 11g, Total fat: 9g, Saturated fat: 4g, Carbs: 27g, Cholesterol: 19mg, Sodium:

506mg, Fiber: 10g, Sugars: 4g

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