

Mexican Lasagna

(used black beans, used mild green chilies, used chickpeas instead of corn, doubled spice)

15 oz can	pinto, pink or black beans, drained and rinsed
14 oz can	diced and crushed tomatoes
4 oz can	chopped green chilies
2 cups	frozen corn kernels, thawed
2	green onions, minced
1/2 tsp	ground cumin
1/2 tsp	dried oregano
8	corn tortillas
1 1/2 cups	grated monterey Jack cheese or cheddar soy cheese
	plain low-fat regular or soy yogurt, or sour cream (optional)

- Preheat oven to 400 degrees
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- In large mixing bowl, combine beans, tomatoes, chilies, corn, green onions, cumin and oregano; mix thoroughly
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- Oil a 2 quart casserole or baking dish.
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- Line baking dish with 4 tortillas, overlapping if necessary. Spread half of bean mixture in a layer over tortillas. Sprinkle with half of cheese. Repeat.
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- Bake 12-15 minutes, or until cheese is bubbly. Let stand 1 or 2 minutes, then cut into squares to serve.
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- Top each serving with a dollop of yogurt or sour cream if desired.

Makes 6 servings.

Per serving: 315 cal; 15 g protein; 10 g fat; 41 g carbs; 25 mg chol; 480 mg sodium; 8 g fiber; lactose free/vegan.