Recipe for the Oven

Mexican Lasagna

You will need:

- 15 oz. can pinto beans, drained
- 14 oz. diced and crushed tomatoes
- 4 oz. can chopped green chilies
- 2 cups frozen or canned corn, thawed, drained
- 2 green onions, finely chopped
- 1/2 teaspoon ground cumin
- 1/2 teaspoon dried oregano
- 8 corn tortillas
- 1 and 1/2 cups grated low-fat Monterey Jack or Cheddar Cheese

To Make Mexican Lasagna:

Preheat the oven to 400°. In a large mixing bowl, combine the beans, tomatoes, chilies, corn, and green onion. Spray a 2 quart baking dish with cooking spray. Line the dish with 4 tortillas, overlapping as necessary. Spread 1/2 of bean mixture in a layer over tortillas. Sprinkle with 1/2 of cheese. Layer the next 4 tortillas on top of that, and then spread with the rest of the bean mixture. Top with the remaining cheese. Bake for 15 minutes until the cheese is bubbly. Let stand for 2 minutes, and then cut into squares. Serves 6.

Serve with salad, green beans, and a glass of milk for a healthy meal. Leftovers can be stored in the refrigerator for 2-3 days.