

mexican lasagna



National Heart, Lung,
and Blood Institute

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Ingredients

10 6-inch corn tortillas

2 cups canned low-sodium black beans, rinsed

4 cups Super Quick Chunky Tomato Sauce (See separate recipe card for details.)

1½ cup Monterey Jack cheese, grated

1 10-ounce bag baby spinach leaves, rinsed

2 cups grilled chicken, diced

2 tablespoons fresh cilantro, rinsed, dried, and chopped (or substitute 1 teaspoon dried coriander)

nonstick cooking spray

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1. Preheat oven to 400°F.
2. Lightly spray a 9- by 13-inch baking pan with cooking spray. Place two to three corn tortillas on the bottom, trimming as necessary for a good fit.
3. Add beans, 1 cup tomato sauce, and ½ cup grated cheese. Top with two to three more corn tortillas.
4. Add 1 cup tomato sauce, spinach, and ½ cup cheese. Top with two more corn tortillas.
5. Add chicken and 1 cup tomato sauce. Top with two more corn tortillas.
6. Add 1 cup tomato sauce, ½ cup cheese, and cilantro.
7. Bake for 30 minutes, or until the cheese is melted and browned and chicken is reheated.
8. Let stand for 5 minutes. Cut into eight even squares, and serve.

Yield 8 servings, **Serving Size** 1 square, **Calories** 304, **Total Fat** 10 g, **Saturated Fat** 4 g, **Cholesterol** 52 mg, **Sodium** 275 mg, **Total Fiber** 6 g, **Protein** 23 g, **Carbohydrates** 31 g, **Potassium** 550 mg