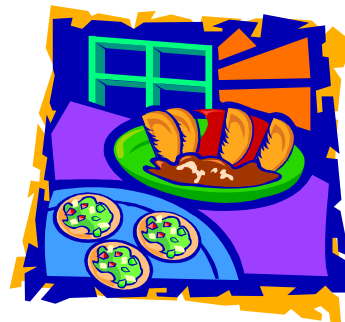


Southwestern Lasagna

4 servings

Estimated cost per serving: \$1.60

- 1 (15 oz) can black beans, rinsed & drained
- 1-1/2 cups frozen corn, thawed*
- 1 small onion, chopped
- 1 green or red bell pepper, chopped
- 1 (10 oz) can green (tomatillo) or red enchilada sauce
- 8 (6-inch) corn tortillas, cut in half
- 1/2 cup of your favorite salsa
- 3/4 cup shredded cheddar or Colby-jack cheese



- 1) Preheat the oven to 350°.
- 2) In a medium bowl, mix together the beans, corn, onions and peppers.
- 3) Spray the bottom of an 8 in. x 8 in. baking pan with non-stick spray; spread 1/4 cup of the enchilada sauce over the bottom of the pan.
- 4) Cover the bottom of the pan with six of the tortilla halves.
- 5) Spoon 1/2 of the bean mixture over the tortillas.
- 6) Drizzle 1/4 cup of sauce over the bean mixture and sprinkle with 1/4 cup cheese.
- 7) Repeat this layering process once again (with 5 tortilla halves).
- 8) Place the remaining 5 tortilla halves over the last layer; top with 1/2 cup of salsa and the remaining enchilada sauce and cheese.
- 9) Bake uncovered for 35 - 40 minutes, until the lasagna is hot and bubbly.

*Thaw the frozen corn by holding under running cold water for several minutes or by microwaving for a few minutes (drain well).

Refrigerate any leftovers to microwave & enjoy the next day (I think this dish tastes even better a day later!). Round out your meal with a glass of milk & some fruit.

Nutrition information, per serving: 370 calories, 9g total fat, 3 g saturated fat, 900 mg sodium, 58g carbohydrate, 10g dietary fiber, 16g protein.

Good source: Vitamin A, Vitamin C, Calcium & Iron

Pyramid servings: 2 whole grains, 2 vegetables, 1/2 milk, 1-1/2 oz. meat/beans.

This recipe is FULL of "**phytochemicals**", naturally-occurring plant compounds that have beneficial effects on health. Many phytochemicals are antioxidants and impart bright colors to fruits and vegetables - yellow, red, orange, green, purple & blue. Eat colorfully! For more on phytochemicals go to <http://en.wikipedia.org/wiki/Phytochemical>.

Recipe adapted from Health e Recipes, www.aicr.org

Question or comments??? Contact SHS Nutritionist Rebecca Gruenes, MS, RD at (507)389-5689 or at rebecca.gruenes@mnsu.edu