Southwestern Lasagna

4 servings

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
½ cup of your favorite salsa
¾ 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 ¼ 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 ¼ cup of sauce over the bean mixture and sprinkle with ¼ 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 ½ 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

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!

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

Beyond Mac & Cheese · Cheap, Easy, Tasty & Nutritious Recipes for the Busy College Student
Copyright 2014