
Easy Tex Mex Lasagna

Description

Celebrate Cinco de Mayo with a creative take on lasagna that is delicious, easy to prepare, and healthy! You can make this dish as spicy or mild as you like depending on the kind of salsa you use.

Total time: 1 hr Yield: 6 Servings

Ingredients

- 1 cup prepared salsa
- 1 1/2 tsp ground cumin
- 1 can no salt-added petite diced tomatoes (14.5 oz. can; can substitute regular chopped diced tomatoes)
- 1 can tomato sauce (8 oz. can)
- 1 pkg 8" whole wheat flour tortillas
- 1 cup frozen corn (defrosted)
- 1 can black beans (15 oz. can; rinsed and drained)
- 2 cup pre-shredded Mexican blend cheese (1 8oz. package)
- 1/2 cup green onion (sliced thin)
- 1 1/2 lb lean ground beef
- 1 pkg taco seasoning mix
- cooking spray
- sour cream (optional)

Prep Time: 1 hr Total Time: 1 hr

Instructions

Pre-heat oven to 450° F.

Prepare ground beef with the taco seasoning mix according to package directions, set aside. Combine the salsa, cumin, diced tomatoes, and tomato sauce in a small bowl then spread about 2/3 cup into the bottom of a 9" x 13" baking dish coated with cooking spray. Cut the flour tortilla and cover to the edges of the dish as closely as possible (cut the round edge off one side and the straight edge goes against the side of the pan). Top tortilla with half of the corn, half of the beans and half of the prepared ground beef. Sprinkle with 1/2 cup cheese and top with 2/3 cup sauce. Repeat layers once, ending with a layer of tortilla on the top and spread the remaining sauce over the tortilla, and sprinkle with the remaining cheese.

Cover and bake at 450° F for 30 minutes, then remove from oven and let rest for 10 minutes, covered. Sprinkle with green onion and serve wedges topped with sour cream or on its own.

Recipe brought to you by:

Chef Michi Holland

Source:

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