

## Mexican Mock Lasagna

### Ingredients:

Nonstick cooking spray  
 2 teaspoons olive oil  
 1 onion  
 3 cloves garlic  
 1 green pepper  
 1 red pepper  
 15 ounces corn, canned  
 1 can dark red kidney beans  
 1 can black beans  
 8 ounces tomato sauce, low sodium  
 1 can diced green chilies (4 oz) drained  
 2 teaspoons chili powder  
 1 teaspoon ground cumin  
 6 corn tortillas  
 8 ounces fat free ricotta cheese  
 12 ounces low fat cheddar cheese

### Equipment:

Cutting board  
 Knife  
 Measuring cups  
 Measuring spoons  
 Can opener  
 Colander  
 Non stick skillet  
 9 x 9 baking dish

Number of Servings: 6  
 Prep Time: 15 minutes  
 Total Time: 1 hour

### Directions

1. Spray a 9 x 13 baking dish with cooking spray. Set aside.
2. Chop onions and green pepper. Mince garlic.
3. Open cans of beans and corn. Pour into colander. Rinse under cool water to remove sodium. Allow to drain. Shred cheese.
4. In large skillet, heat oil over medium high heat. Add vegetable to skillet when hot.
5. Cook vegetables until they are tender. Add chili powder and cumin. Cook for one more minute.
6. Remove skillet from heat. Add beans, corn, tomato sauce, diced green chilies to skillet and mix well.
7. Cut tortillas into strips. Line bottom of baking dish with half of strips. Add 1/2 of corn mixture, spread half of ricotta cheese on top, and sprinkle half of cheese on top. Repeat layers.
8. Cook, uncovered at 350°F for 45 minutes, until casserole is thoroughly heated and cheddar cheese has melted. Let stand 5 minutes before serving.

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### Nutrition Facts

Serving Size: 2 cups	
Servings: 6	
Amount Per Serving	
Calories 381	Calories from Fat 63
%Daily Value*	
Total Fat 7g	11%
Saturated Fat 3g	15%
Cholesterol 23mg	8%
Sodium 1084mg	45%
Total Carbohydrate 54g	18%
Dietary Fiber 11g	44%
Protein 27g	54%
Vitamin A 42%	Vitamin C 168%
Iron 15%	Calcium 30%
*Percent Daily Values are based on a 2,000 calorie diet.	

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