



Lifestyle Wellness Academy

NUTRITION PER SERVING:

CALORIES	304
PROTEIN	23 G
CARBOHYDRATE	31 G
TOTAL FAT	10 G

PREP TIME: 10 MINUTES
(15 minutes with homemade sauce)

COOK TIME: 35 MINUTES
(50 minutes with homemade sauce)

YIELD: 8 SERVINGS
SERVING SIZE: 1 SQUARE

- 10** 6-INCH CORN TORTILLAS
- 2 C** CANNED LOW-SODIUM BLACK BEANS, RINSED
- 4 C** SUPER QUICK CHUNKY TOMATO SAUCE (SEE RECIPE ON PAGE 54) (LEFTOVER FRIENDLY)
- 1½ C** MONTEREY JACK CHEESE, GRATED
- 1 BAG** (10 OZ) BABY SPINACH LEAVES, RINSED
- 2 C** GRILLED CHICKEN, DICED (LEFTOVER FRIENDLY)
- 2 TBSP** FRESH CILANTRO, RINSED, DRIED, AND CHOPPED (OR SUBSTITUTE 1 TBS DRIED CORIANDER)

NONSTICK COOKING SPRAY



MEXICAN LASAGNA

THIS FESTIVE TWIST ON LASAGNA—AND A QUICK WEEKNIGHT MEAL—WILL MAKE YOUR FAMILY CHEER “OLÉ!”

- 01 Preheat oven to 400 °F.
- 02 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.
- 03 Add beans, 1 cup tomato sauce, and ½ cup grated cheese. Top with two to three more corn tortillas.
- 04 Add 1 cup tomato sauce, spinach, and ½ cup cheese. Top with two more corn tortillas.
- 05 Add chicken and 1 cup tomato sauce. Top with two more corn tortillas.
- 06 Add 1 cup tomato sauce, ½ cup cheese, and cilantro.
- 07 Bake for 30 minutes, or until the cheese is melted and browned and chicken is reheated.
- 08 Let stand for 5 minutes. Cut into eight even squares, and serve.

Note: If you can't find beans labeled “low sodium,” compare the Nutrition Facts panels to find the beans with the lowest amount of sodium. Rinsing can help reduce sodium levels further.



Children can help layer the “lasagna” ingredients.