VYP Vary Your Protein **Recipe Series**

K·STATE Research and Extension

Recipe Category: Hot Main Dish

Tortilla-Layered Southwest "Lasagna"

Yield: 3 servings, about 1 cup each

1/4 cup finely chopped onion
1 garlic clove, minced
1/2 teaspoon cumin, or more if desired
1/2 teaspoon chili powder, or more if desired
1/4 teaspoon ground black pepper
2/3 cup cooked red kidney or pinto beans, cooked without salt, rinsed and drained
4 ounces (about 3/4 cup) cooked chopped meat, without bones and trimmed of fat, such as chicken, turkey, beef or pork
1/4 cup frozen sweet corn kernels
1/4 cup canned diced tomatoes with green chilies
2 corn or flour tortillas, about 6 inches in diameter
1/2 cup low-fat cottage cheese
1/4 cup shredded cheddar or colby cheese

1. Wash your hands and work area.
2. Heat a skillet sprayed with non-stick cooking spray over medium heat. Cook onion and garlic for 3 minutes, or until softened. Stir in spices and cook 1 minute longer. Remove from heat.
3. Stir in beans, meat, corn and tomatoes.
4. Spray a 1-quart round casserole dish with non-stick cooking spray. Place one tortilla in the bottom of the pan. Spread half of the beans-corn mixture, then half of each of the cheeses on top.
5. Repeat layers.
6. Cover and bake in a microwave oven at 50 percent power for 5 minutes. Let stand 5 minutes before serving.
7. Cover and refrigerate leftovers within two hours. Or, if desired, freeze leftovers in a moisture-proof freezer container.

Meal suggestion: Serve with a green leafy salad, pears and yogurt.

This lean hot main dish is an excellent source of dietary fiber, and calcium, and is a good source of iron.

Nutrition Facts

Serving Size about 1 cup (193g)
Servings Per Container 3

Amount Per Serving	
Calories 240	Calories from Fat 50
	% Daily Value*
Total Fat 6g	**9%**
Saturated Fat 3g	**15%**
Trans Fat 0g	
Cholesterol 45mg	**15%**
Sodium 320mg	**13%**
Total Carbohydrate 24g	**8%**
Dietary Fiber 5g	**20%**
Sugars 3g	
Protein 23g	

Vitamin A 8% • Vitamin C 6%
Calcium 20% • Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

1 1/2 carbohydrate choices per serving.

For more information about healthy eating, contact your local extension office or log on to *www.ksre.ksu.edu/humannutrition/* The Food Assistance Program can help people of all ages with low income buy nutritious foods for a better diet. To find out more, call 1-888-369-4777. Recipe developed by Mary Meck Higgins, Ph.D., R.D., L.D., CDE, Associate Professor, Dept. of Human Nutrition, **Kansas State University Agricultural Experiment Station and Cooperative Extension Service, Manhattan, KS**. Contents of this publication may be reproduced for educational purposes. All other rights reserved. In each case, credit Mary Meck Higgins, "VYP Recipe Series," Feb. 2009. This material was funded by USDA's Supplemental Nutrition Assistance Program. Kansas State University is an equal opportunity provider and employer. Kansas State University, County Extension Councils, Extension Districts and the U.S. Department of Agriculture Cooperating.