Michele Sodon

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

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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.