TEX MEX LASAGNA

INGREDIENTS  Serves: 4  |  Serving Size: 1/4 of dish

lean ground beef or turkey 1 pound

water 1/3 cup

taco seasoning 5 teaspoons

low fat Greek yogurt 1 cup

shredded cheddar cheese 1/2 cup

no salt added pinto beans 1 cup

no salt added diced tomatoes 14 oz can

no salt added corn 1 cup

whole wheat tortillas 4 each

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INSTRUCTIONS

1. PREHEAT OVEN

Preheat oven to 350 degrees Fahrenheit. Spray a 9 x 9 baking dish with non-stick spray.

2. PREPARE VEGETABLES

Drain tomatoes. Drain and rinse corn and beans.

3. COOK MEAT


4. PREPARE FILLING

Mix the beans, corn, tomatoes, and yogurt in a bowl.

5. BUILD LAYERS

In the baking dish, layer two flour tortillas along the bottom and top with meat. Spread half of vegetable mixture on top of meat. Top with 1/4 shredded cheese.

6. BAKE

Repeat step 5 to make another layer and bake for 30 minutes.

NUTRITION INFORMATION

<table>
<thead>
<tr>
<th>Calories: 430</th>
<th>Total Carbohydrate: 49g</th>
<th>Protein: 44g</th>
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<tbody>
<tr>
<td>Total Fat: 8g</td>
<td>Dietary Fiber: 6g</td>
<td>Sodium: 680mg</td>
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This material was funded by USDA’s Supplemental Nutrition Assistance Program—SNAP. This Institution is an equal opportunity provider.