

TEX MEX LASAGNA



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



**lean ground beef
or turkey**
1 pound



water
1/3 cup



**low sodium
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°F. 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



On medium high heat, cook meat in skillet. Drain meat and return. Sprinkle seasoning over meat and add water. Stir until mixed thoroughly, set aside.

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

Calories: 430

Total Carbohydrate: 49g

Protein: 44g

Total Fat: 8g

Dietary Fiber: 6g

Sodium: 680mg

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