

MEXICAN LASAGNA

"I recently became a vegetarian, and this is one dish that my husband—who still eats meat—and I both adore."

—Joy Lillemoen Boser, East Bethel, Minn.

- 2 cups frozen whole-kernel corn, thawed
- 1/3 cup sliced green onions
- 2 teaspoons ground cumin
- 2 teaspoons dried oregano
- 1 (15-ounce) can black beans, rinsed and drained
- 1 (14.5-ounce) can diced tomatoes with basil, garlic, and oregano
- 1 (4.5-ounce) can chopped green chiles
- 4 (6-inch) corn tortillas

Cooking spray

- 1 1/2 cups (6 ounces) preshredded reduced-fat four-cheese Mexican blend (such as Sargento) or reduced-fat Monterey Jack cheese, divided
- 6 tablespoons plain low-fat yogurt

1. Preheat oven to 400°.
2. Combine first 7 ingredients in a bowl.

Place 2 tortillas in an 11 x 7-inch baking dish coated with cooking spray. Spoon half of corn mixture over tortillas. Top with 3/4 cup cheese. Repeat layers; end with cheese. Bake at 400° for 15 minutes*. Let stand 2 minutes. Top each serving with 1 tablespoon yogurt. Yield: 6 servings.

CALORIES 260 (21% from fat); FAT 6.2g (sat 3.4g, mono 1.7g, poly 0.7g); PROTEIN 16.8g; CARB 39.3g; FIBER 5g; CHOL 11mg; IRON 3.3mg; SODIUM 958mg; CALC 338mg

*or a bit longer

Substitute lowfat
sourcream