



Enchilada Casser-Ole!

TOTAL TIME: Prep: 25 min. Bake: 30 min.

YIELD: 8 servings.

My husband loves this casserole, but it never lasts too long. Packed with black beans, cheese, tomatoes and plenty of Southwest flavor, it's an impressive entree that's as simple as it is simply delicious. —Marsha Wills, Homosassa, Florida

Ingredients

1 pound lean ground beef (90% lean)

1 large onion, chopped

2 cups salsa

1 can (15 ounces) black beans, rinsed and drained

1/4 cup reduced-fat Italian salad dressing

2 tablespoons reduced-sodium taco seasoning

1/4 teaspoon ground cumin

6 flour tortillas (8 inches)

3/4 cup reduced-fat sour cream

1 cup shredded reduced-fat Mexican cheese blend

1 cup shredded lettuce

1 medium tomato, chopped

1/4 cup minced fresh cilantro

Directions

1. In a large skillet, cook beef and onion over medium heat until meat is no longer pink; drain. Stir in the salsa, beans, dressing, taco seasoning and cumin. Place 3 tortillas in an 11x7-in. baking dish coated with cooking spray. Layer with half of the meat mixture, sour cream and cheese. Repeat layers.

2. Cover and bake at 400° for 25 minutes. Uncover; bake until heated through, 5-10 minutes longer. Let stand for 5 minutes; top with lettuce, tomato and cilantro.

Nutrition Facts

1 piece: 357 calories, 12g fat (5g saturated fat), 45mg cholesterol, 864mg sodium, 37g carbohydrate (6g sugars, 3g fiber), 23g protein. **Diabetic**

Exchanges: 3 lean meat, 2 starch, 1 vegetable, 1 fat.