

Mexican Lasagna

Ingredients:

1/2 cup	chopped Spanish onion
1/2 cup	diced green bell pepper
2 cups	frozen or fresh kernel corn
2 1/2 cups	canned pinto beans (two 14 oz. cans), rinsed well
15 oz. can	no salt tomato sauce
1/2 cup	medium hot Old El Paso Picante sauce
1 Tbsp.	chili powder
1 1/2 tsp.	ground cumin
1 tsp.	crushed red pepper
1 tsp.	crushed oregano leaves
15 oz.	fat free ricotta cheese
4 large	egg whites, slightly beaten
1/8 tsp.	garlic powder
Twelve - 6inch	corn tortillas
2 oz.	shredded Cracker Barrel reduced fat extra-sharp cheddar cheese(1/2 cup)

Directions:

Spray a large skillet with cooking spray. Sauté' onions & green pepper in a little water until onions are translucent. Add the next 8 ingredients (through oregano). Simmer 5 minutes, stirring frequently.

Combine ricotta cheese, egg whites, and garlic powder; mix well.

Arrange 6 tortillas on bottom of lightly greased 13 x 9 x 2 inch baking dish, overlapping as necessary. Top with half the bean mixture. Spoon cheese mixture over beans. Arrange remaining tortillas over cheese. Top with remaining bean mixture.

Bake in a preheated 375 degree oven for about 30 minutes or until hot and bubbly. Remove from oven; sprinkle with cheddar cheese. Let stand 10 minutes before serving.

Accompaniments: plain, nonfat yogurt; salsa; celery, carrot & cucumber sticks.

Yield: 6 - 8 servings

Nutrition Information: One sixth of casserole contains 370 calories, 4 g. total fat, 2 g. saturated fat, 13 mg. cholesterol, 600 mg. sodium, 7 g. fiber. One eighth of casserole contains 276 calories, 3 g. total fat, 1 g. saturated fat, 10 mg. cholesterol, 450 mg. sodium, 5 g. fiber