

Mexican Lasagna

Courtesy of Carole's Creations

Prep Time: 10

Cooking Time:

Serves: 4

CChints: We cooked the chicken for this dish in chicken broth to save on the fat you get when cooking in oil.



15 ounce can of black beans, rinsed and drained
15 ounce can diced tomatoes with mild green chilies, drained
1 pound skinless, boneless chicken breast, cut into bite size pieces
1/2 teaspoon salt and dash of pepper
1/2 cup yellow onion, diced
1/2 cup chicken broth
10 ounce can Enchilada sauce, regular or mild, pour out 1/2 cup and set it aside
1/2 cup part skim ricotta cheese
1/2 cup red bell pepper, diced
6 ounce can black olives, drained. Thinly slice half of them and save the rest for garnish
2 - 8 inch round corn tortillas
1/2 cup shredded mozzarella cheese
1/3 cup freshly grated parmesan cheese
2 green onions, sliced
Garnish – Reduced fat sour cream

Preheat your oven to 350 degree F and spray an 8 x 8 inch pan with cooking spray. Rinse the beans and allow them to drain while you cook the chicken.

Pour the broth into a sauté pan over medium heat. Add the chicken and onions and cook for 5 minutes, stirring occasionally until the chicken is done. Transfer the chicken and onions to a large bowl and discard the broth. Add the beans and tomatoes to the chicken and stir. Pour in the enchilada sauce through black olives and stir well to combine. Mix the mozzarella and parmesan cheeses together in a bowl and set aside.

Pour the half cup of sauce in the bottom of the pan. Lay one tortilla on the sauce and top that with half of the chicken mixture, spreading it out as evenly as possible. Top with half of the cheese and do another layer by starting with another tortilla laid on top of the cheese. Add the remaining chicken mixture spreading it out evenly and into the corners. Top with the remaining cheese and half of the green onions. Cover with foil and bake for 30 minutes.

During this time, do a little clean up washing everything that came in contact with the raw chicken. Prepare your side salad or side dish and set the table.

Cut into 4 sections and carefully lift each from the pan to a dinner plate. Serve with a dollop of sour cream on top of each section, your side dish and remaining black olives.

Enjoy!