

Mexican Black Bean Lasagna

Servings: 3-4

From Woman's Day

Ingredients

1 Tbsp olive oil
1/2 onion, chopped
1 jalapeño, seeded and diced
1/2 red bell pepper, seeded and diced
1/2 tsp minced garlic
15 oz can black beans, rinsed and drained
8.5 oz can corn, rinsed and drained
2 tsp chili powder
1 Tbsp lime juice
Cooking spray
9 small corn tortillas
10 oz can red enchilada sauce
3/4 cup reduced-fat shredded cheese

Preparation

- 1) Heat oven to 425°F. Heat the oil in a large skillet over medium heat. Add the onion and cook, covered, stirring occasionally, for 5 minutes. Add the jalapeños, bell pepper and garlic and cook, covered, stirring occasionally, until the vegetables are just tender, 6 to 8 minutes. Stir in the beans, corn, chili powder and lime juice; cook for 2 minutes.
- 2) Spray bottom of an 8-in. square or 1 1/2-qt baking dish with cooking spray. Top with 3 tortillas, tearing them to fit as necessary. Spread 1/3 cup enchilada sauce over the top and top with a third of the bean mixture and 1/4 cup cheese; repeat twice.
- 3) Bake until the lasagna is heated through and the top is beginning to brown, 12 to 15 minutes. Let stand for 5 minutes before serving.