

Cheesy Enchilada Casserole

1 large onion, chopped
1 # lean ground beef, ground turkey or ground chicken
2 1/2 cups salsa
1 can (15 ounces) black beans or red kidney beans, rinsed and drained
1/4 cup reduced-fat Italian salad dressing
2 tablespoons reduced-sodium taco seasoning
1/4 teaspoon ground cumin
6 whole wheat tortillas (8 inches) or corn tortillas
1 1/4 cups of frozen corn (I like Trader Joe's Fire Roasted Corn)
3/4 cup reduced-fat sour cream, plus extra for serving
2 cups (8 ounces) shredded reduced-fat Mexican cheese blend
1 cup shredded lettuce
1 medium tomato, chopped
1/4 cup minced fresh cilantro

In a large skillet, begin to cook the onion over medium heat . After the onions begin to soften (about 5 minutes) add in the meat. Stir and cook until meat is no longer pink; drain. Stir in the salsa, beans, dressing, sour cream, corn (optional), taco seasoning and cumin.

Spoon a generous layer of meat mixture on bottom of 9 X 13 baking dish. Sprinkle with grated cheese.

Place a whole wheat or corn tortilla on top of meat mixture. Layer with half of the meat mixture, and cheese. Repeat as many layers as you like.

Top the casserole with as little or as much grated cheese as you want.

Cover with foil that has been sprayed with non-stick cooking spray and bake at 400° for 25 minutes, or until hot & bubbly.

Let stand for 5 minutes before topping with lettuce, tomato and cilantro.