Mexican Lasagna

Servings: 3-4
Adapted from Weelicious

Ingredients

Cooking Oil Spray
4 tortillas, cut into quarters
1 egg
1/8 cup fat-free or low-fat milk
1/8 cup fat-free sour cream
½ cup mild chunky salsa
2 boneless, skinless chicken breasts, cooked and shredded
2 oz cream cheese, half inch cubed
1 tablespoon cilantro, chopped
2 scallions, chopped
1 cup reduced-fat shredded cheddar or Mexican blend cheese, divided

Preparation

1) Preheat oven to 350 F°.
2) Place the quartered tortillas on an oil sprayed baking sheet, then spray the tops with additional oil.
3) Bake for 5 minutes, remove and set aside.
4) In a large bowl, whisk one egg. Add the milk, sour cream, salsa, shredded chicken, cubed cream cheese, cilantro, and scallions. Stir to combine.
5) Arrange half of the par-baked tortillas on the bottom of an oil sprayed baking dish. Layer half the chicken mixture on top of the tortillas, then layer 1/2 cup of the cheese blend on top.
6) Continue to layer the rest of the tortillas on top, followed by the remaining chicken mixture and cheese.
7) Bake uncovered for 35 minutes.