

Lasagna Mexicana

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Servings: 9

cooking spray

1 can (14.5 ounce) diced tomatoes, drained, divided

1 pound 93% ground beef

1 packet (one ounce)

reduced-sodium taco

seasoning mix

1 bag (10 ounce) frozen

Southwest-blend vegetables (corns, beans, peppers, onions)

1/2 cup salsa con queso

1 can (10 ounce) enchilada sauce

5 (10-inch) flour tortillas

8 ounces Mexican-blend shredded cheese

aluminum foil

1 container (6 ounce) deli guacamole

Preheat the oven to 400 degrees.

Coat a nine-inch square baking dish with spray.

Drain the tomatoes.

Preheat a large nonstick saute' pan on medium for 2 to 3 minutes. Place the meat in the pan. Brown for 5 to 7 minutes, stirring to crumble the meat, until no pink remains. Drain the fat. Stir the taco seasoning and one cup of tomatoes into the meat. Remove the meat mixture from the pan.

Add the vegetable blend to the same pan. Cook and stir for 1 to 2 minutes or until hot. Stir in the salsa con queso. Cook for 1 minute or until thoroughly heated. Remove the pan from the heat. Set aside.

Spread one cup of the enchilada sauce over the bottom of the baking dish. Top with one tortilla, 1/4 cup of cheese and 1-1/2 cups of the meat mixture, spreading the meat out evenly. Place another tortilla on top. Top with 1/4 cup of cheese and one cup of vegetables. Repeat the layers.

Top with the remaining tortilla, 3/4 cup of enchilada sauce, 1/2 cup of tomatoes and one cup of cheese. Cover the dish with foil.

Bake for 30 minutes.

Remove the foil.

Bake 10 more minutes or until bubbly.

Let stand 10 minutes to cool.

Top with the guacamole. Serve.

Per Serving (excluding unknown items): 166 Calories; 6g Fat (31.0% calories from fat); 4g Protein; 25g Carbohydrate; 2g Dietary Fiber; 8mg Cholesterol; 240mg Sodium. Exchanges: 1 1/2 Grain(Starch); 1/2 Vegetable; 1 Fat; 0 Other Carbohydrates.