
Mexican Lasagna

The Essential Southern Living Cookbook

Preparation Time: 30 minutes

Start to Finish Time: 1 hour 10 minutes

1 pound ground beef
1 can (16 ounce) whole kernel corn, drained
1 can (15 ounce) tomato sauce
1 cup picante sauce
1 tablespoon chili powder
1 1/2 teaspoons ground cumin
1 container (24 ounce) low-fat small-curd cottage cheese
2 large eggs
1/4 cup grated Parmesan cheese
1 teaspoon dried oregano
1/2 teaspoon garlic salt
12 (five-inch) corn tortillas
1 cup (4 ounce) shredded cheddar cheese

Preheat the oven to 375 degrees. In a large skillet over medium heat, brown the ground beef, stirring until it crumbles and is no longer pink. Drain well. Stir in the corn, tomato sauce, picante sauce, chili powder and cumin. Bring to a boil. Reduce the heat. Simmer, stirring often, for 5 minutes. Remove from the heat. Set aside.

In a bowl, stir together the cottage cheese, eggs, Parmesan cheese, oregano and salt.

Arrange six tortillas on the bottom and 1-1/2 inches up the sides of a lightly greased 13 x 9-inch baking dish. Spoon one-half of the meat mixture on the tortillas. Top with the cottage cheese mixture. Arrange the remaining tortillas on the cheese mixture. Top with the remaining meat mixture.

Bake in the preheated oven until thoroughly heated, about 30 minutes.

Remove from the oven. Sprinkle with the cheddar cheese. Let stand for 10 minutes before serving.

Yield: 8 to 10 servings

Pasta

Per Serving (excluding unknown items): 2959 Calories; 184g Fat (55.6% calories from fat); 149g Protein; 182g Carbohydrate; 23g Dietary Fiber; 944mg Cholesterol; 6492mg Sodium. Exchanges: 9 1/2 Grain(Starch); 17 1/2 Lean Meat; 6 Vegetable; 26 Fat; 0 Other Carbohydrates.