

Enchilada Casser-Ole!



My husband loves this casserole...but it never lasts too long! Packed with black beans, cheese, tomatoes and Southwest flavor, it's an impressive-looking entree that's as simple as it is simply delicious! —Marsha Wills, Homosassa, Florida

8 Servings Prep: 25 min. Bake: 30 min.

Ingredients

- 1 pound lean **ground beef** (90% lean)
- 1 large onion, chopped
- 2 cups salsa
- 1 can (15 ounces) black beans, rinsed and drained
- 1/4 cup reduced-fat Italian salad dressing
- 2 tablespoons reduced-sodium taco seasoning
- 1/4 teaspoon ground cumin
- 6 flour tortillas (8 inches)
- 3/4 cup reduced-fat sour cream
- 1 cup (4 ounces) shredded reduced-fat Mexican cheese blend
- 1 cup shredded lettuce
- 1 medium tomato, chopped
- 1/4 cup minced fresh cilantro

Directions

- In a large skillet, cook beef and onion over medium heat until meat is no longer pink; drain. Stir in the salsa, beans, dressing, taco seasoning and cumin. Place three tortillas in an 11-in. x 7-in. baking dish coated with cooking spray. Layer with half of the meat mixture, sour cream and cheese. Repeat layers.
- Cover and bake at 400° for 25 minutes. Uncover; bake 5-10 minutes longer or until heated through. Let stand for 5 minutes; top with lettuce, tomato and cilantro. Yield: 8 servings.

Nutrition Facts: 1 piece equals 357 calories, 12 g fat (5 g saturated fat), 45 mg cholesterol, 864 mg sodium, 37 g carbohydrate, 3 g fiber, 23 g protein. **Diabetic Exchanges:** 3 lean meat, 2 starch, 1 vegetable, 1 fat.