



RECIPE OF THE WEEK

ENCHILADA CASSER-OLE'

1 lb lean ground beef	1 large onion, chopped
2 cups salsa	¼ cup reduced fat Italian salad dressing
1 can (15oz) black beans, rinsed & drained	2 Tbs. reduced sodium taco seasoning
¼ tsp. ground cumin	6 flour tortillas (8 in.)
¾ cup reduced fat sour cream	1 cup shredded lettuce
1 medium tomato, chopped	¼ cup fresh cilantro, minced
1 cup reduced fat shredded Mexican cheese blend	

1. In a large skillet, cook beef and onion over medium heat until meat is no longer pink.
2. Stir in the salsa, beans, Italian dressing, taco seasoning and cumin.
3. Place 3 tortillas in a 2 qt. baking dish coated with cooking spray.
4. Layer with half of the meat mixture, sour cream, and cheese. Repeat layers.
5. Cover and bake at 400 degrees for 25 minutes. Uncover; bake 5 – 10 minutes longer.
6. Let stand for 5 minutes before topping with lettuce, tomato, and cilantro.

NUTRITION FACTS:

Calories: 357 (1 piece)	Dietary Fiber: 3 grams
Total Fat: 12 grams	Protein: 23 grams
Sodium : 864 mg.	Total Carbohydrates: 37 grams

Makes 8 servings

FOOD FOR THOUGHT: Excuses are useless; Results are priceless. - Anonymous