

# *Sarah's Healing Touch*

## **Mexican Lasagna**

### Ingredients:

- 2 tsp olive oil
- 1 1/2 C. chopped onion
- 3 C. diced zucchini
- 1 can of diced tomatoes with chilies
- 1 can of black or pinto beans
- 11 oz of corn (can or frozen)
- 1 can mild enchilada sauce
- 1/2 C. chopped cilantro
- 4-5 whole wheat flour tortillas
- 1 C. shredded cheddar cheese
- Sour Cream
- 2-3 Tomatoes for top (I liked to used several different colors to make it look nice)

### Directions:

Heat oven to 400 coat 3 qt baking dish with oil. Sauté onion for about 5 min. Add Zucchini & cumin sauté another 5 minutes and then add tomatoes, beans, corn, sauce. Bring to simmer. Remove from heat and stir in cilantro. Put 1 tortilla in baking dish top with mixture and sprinkle with 1/3 of cheese and random spoons of sour cream if desired. Repeat layers 3-4xs. Top with Tomatoes and cracked pepper or any kind of seasoning on top you would like. Bake 20-30 minutes cool 5 minutes

339 Calories 8 grams of fiber

*Rejuvenate Refresh Relax*