

# Tortilla Casserole

This is a quick meatless meal that the whole family can enjoy!

Makes: 12 servings

Prep Time: 15 minutes

Cook Time: 15 minutes

Source: [foodhero.org](http://foodhero.org) recipes - tortilla casserole

## Ingredients

- 1 cup medium salsa
- 1 can (8 ounces) tomato sauce
- 1 can (15 ounces) black beans, rinsed and drained
- 1 can (15 ounces) whole-kernel corn, drained (or 1 cup frozen corn, thawed)
- ½ cup packed fresh cilantro leaves
- 4 whole wheat tortillas, 10-inch diameter
- 6 ounces (1 1/2 cups) shredded reduced-fat Monterey Jack or Mexican blend cheese

## Directions

1. Preheat oven to 500 degrees. Lightly oil or spray a 10 inch casserole dish.
2. In a small bowl, mix salsa and tomato sauce.
3. In a medium bowl, mix black beans, corn and cilantro.
4. Place 1 tortilla in baking dish, and spread 1/4 of salsa mixture over tortilla. Top with 1/3 of bean mixture and 1/3 of cheese.
5. Repeat layering 2 more times; spread last of salsa mixture over top of last tortilla.
6. Bake 12 to 15 minutes, until cheese melts and filling is hot.
7. Refrigerate leftovers within 2 hours.



Small Changes,  
BIG Difference!



<b>Nutrition Information</b>	
<b>Serving Size: 1 Wedge</b>	
Nutrients	Amount
<b>Calories:</b>	170
<b>Total Fat:</b>	5 g
<b>Saturated Fat:</b>	2 g
<b>Cholesterol:</b>	10 mg
<b>Sodium:</b>	540 mg
<b>Total Carbohydrates:</b>	24 g
<b>Dietary Fiber:</b>	10 g
<b>Total Sugars:</b>	2 g
<b>Added Sugars:</b>	0 g
<b>Protein</b>	<b>9 g</b>
<b>Vitamin D</b>	<b>0 mcg</b>
<b>Calcium</b>	<b>36 mg</b>
<b>Iron</b>	<b>1 mg</b>
<b>Potassium</b>	<b>222 mg</b>

## Utensils Needed

- Casserole Dish
- Small Bowl
- Medium Bowl
- Measuring Cups
- Mixing Spoon
- Colander
- Box Grater

# SHOPPING LIST

Average total cost without oil and seasonings: \$7.34

Average cost/serving: \$.61

Makes: 12 servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.

## Ingredients



Add 1 to Cart  
Whole Wheat Tortillas  
10-ct



Add 1 to Cart  
Canned Corn 15 oz



Add 1 to Cart  
Low-Fat Sharp Cheddar Cheese  
8 oz Brick



Add 1 to Cart  
Fresh Cilantro Bunch



Add 1 to Cart  
Canned Black Beans  
15.25 oz



Add 1 to Cart  
Medium Salsa 24 oz



Add 1 to Cart  
Canned Tomato Sauce  
8 oz

## SAVE TIME, SAVE MONEY

### Leftover and Substitution Tips

- Try kidney or pinto beans instead of black beans.
- Add leftover cooked chicken, turkey or ground beef.
- Cook your own dry beans. One can (15 ounces) is about 1 1/2 to 1 3/4 cups drained beans. This will reduce the sodium in your recipe too!
- With the leftover cilantro, try making Strawberry Salsa. The recipe can be found at [snapedny.org](http://snapedny.org)

### My Cooking Notes