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 ½ 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 a baking dish, and spread ¼ 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.

Notes
Try kidney or pinto beans instead of black beans.
Add leftover cooked chicken, turkey or ground beef.

While canned beans and vegetables are a quick way to put a meal on the table, they can also add extra sodium. Too much sodium can cause high blood pressure and affect other medical conditions. Here’s what you can do:

- **Drain and rinse** canned beans and vegetables before you use them. Cook them in clean water. This will cut down on the sodium of your finished dish.
- **Choose** No Salt Added or Low Sodium varieties of those same beans and vegetables.

Use No Salt Added black beans, corn and tomato sauce in this recipe to **lower the sodium to 290 mg per serving** (down from 540mg per serving).

### Nutrition Facts

<table>
<thead>
<tr>
<th>Serving Size: 1 wedge (149g)</th>
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<tbody>
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<td>Servings per Recipe: 12</td>
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**Amount per serving:**
- Calories: 170
- Calories from Fat: 45
- Total Fat: 5g
- Saturated Fat: 2g
- Trans Fat: 0g
- Sodium: 540mg
- Total Carbohydrates: 24g
- Dietary Fiber: 10g
- Protein: 9g

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