

## 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

Serving Size: 1 wedge  
Servings per recipe: 12  
Prep time: 15 minutes  
Cooking time: 15 minutes

Cost per recipe: \$6.12  
Cost per serving: \$0.51



### 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

**Serving Size:** 1 wedge (149g)

**Servings per Recipe:** 12

#### **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



### Recipe, photo and nutrition facts from FoodHero.org.

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