



Mexican Lasagna Lite

Oscar · 28/09/2024



Prep Time

1 hr

Difficult

Medium

Servings

6

Description

This is a lowerfat version of a popular TexMex style casserole. You can increase or decrease the number of tortillas used in order to fit your tray. I'm obviously using low and no-fat ingredients which can be substituted successfully with full-fat versions with great results. If needed, this can all be prepared ahead of time and refrigerated to store. Hope you enjoy.

Ingredients

- 1 pound 99%-lean ground turkey - 1 envelope taco seasoning mix - $\frac{3}{4}$ cup water - 12 corn tortillas - 1 (4 ounce) can chopped green chiles
- drained - 2 (10 ounce) cans enchilada sauce
- divided - 1 (8 ounce) carton nonfat sour cream
- divided - 1 (16 ounce) can nonfat spicy refried beans
- divided - 1 (8 ounce) package shredded low-fat Mexican cheese blend
- divided

Instructions

1. Preheat the oven to 375 degrees F (190 degrees C). Brown ground turkey in a skillet over medium heat
2. breaking it up into crumbles as it cooks
3. about 10 minutes. Stir in taco seasoning mix and water
4. bring the mixture to a boil
5. and reduce heat to low. Simmer turkey mixture until thickened
6. about 5 minutes. Stir in chopped green chilies and remove from heat. Spread a scant 2/3 cup enchilada sauce evenly over the bottom of an 8x10-inch baking dish; top sauce with 4 tortillas
7. overlapping if necessary. Spread tortillas with half the sour cream
8. half the refried beans
9. half the turkey mixture
10. and 1/3 the cheese blend. Top with another 2/3 cup enchilada sauce and 4 more tortillas. Firmly press down on tortillas to compact the layers beneath. Repeat layers
11. spreading remaining sour cream
12. refried beans
13. turkey mixture
14. 1/3 the cheese blend and 2/3 cup enchilada sauce onto tortillas. Top with remaining 4 tortillas; press down as before. Finish layering casserole with remaining 2/3 cup enchilada sauce and remaining 1/3 the cheese blend. Bake casserole uncovered in the preheated oven until the cheese topping is melted and bubbling and casserole is hot
15. about 20 minutes.