

Southwest Tortilla Bake

Entrée

Serves 4

This warm and cheesy tortilla casserole is a snap to make and can be assembled the day before you are ready to bake. For extra chili flavor use shredded pepper jack cheese.

Ingredients

- 8 corn tortillas, cut in half
- 1 1/3 cup Monterey Jack cheese, shredded
- 1 cup fresh or frozen corn
- 1 cup cooked black or pinto beans
- 2 green onions, sliced
- 3 eggs
- 1 cup fat-free milk
- 1/2 teaspoon chili powder
- 1 4-ounce can diced green chilies
- 1 tomato, sliced
- Salsa (optional)

Preparation

Preheat oven to 350°F.

Coat an 8-inch square baking dish with non-stick spray. Arrange 6 tortilla halves to cover the bottom of the pan. Top with 1/2 cup each of cheese, corn and beans. Sprinkle with 1/2 of green onions. Arrange another 5 tortilla halves on top to cover and top with 1/2 cup cheese, the remaining corn, beans and green onions. Arrange the last 5 tortilla halves over the top to cover.

In a medium bowl, whisk together eggs, milk and chili powder. Stir in green chilies. Pour egg and milk mixture over the tortillas evenly. Top with tomato slices and the remaining 1/3 cup cheese.

Bake, uncovered, until a knife inserted into the center comes out clean, about 50 minutes. Let stand for 10 minutes at room temperature before serving. Serve warm with salsa.

Nutrition Information

Per serving: 447 calories, 17 g total fat, 8 g saturated fat, 607 mg sodium, 53 g carbohydrates, 8 g fiber, 22 g protein, 388 mg calcium.

Provided by:
Nutrition Education Services/Oregon Dairy Council
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