**Mexican Lasagna**

Lasagna doesn’t have to be Italian! This Mexican version, made with salsa instead of tomato sauce and tortillas instead of noodles, is a crowd pleaser. The cottage cheese and shredded Cheddar add bone-building calcium and the black beans add a nice hit of fiber.

**Yield:** 8 servings  
**Timing:** Prep Time = 20 minutes Total Time = 45 minutes

**Ingredients**

1 pound lean ground beef (90% or higher)  
1 large carrot, shredded (about 1 cup)  
One 16-ounce jar salsa  
One 15½-ounce can black beans, drained and rinsed  
2 cups frozen corn kernels, thawed  
2 teaspoons chili powder  
2 teaspoons ground cumin  
Five 8-inch flour tortillas, cut in half  
One 16-ounce container lowfat cottage cheese  
1 ½ cups pre-shredded reduced-fat Cheddar cheese

**Method of Preparation (Instructions)**

1. Cook the meat and carrots in a large nonstick skillet over medium-high heat, breaking up the large pieces, until no longer pink, about 5 minutes. Drain excess fat.  
2. Preheat the oven to 375°F.  
3. Add the salsa, black beans, corn, chili powder, and cumin to the skillet and stir to combine.  
4. To assemble the lasagna, arrange a third (about 2 cups) of the meat mixture in a 9 x 13-inch baking pan. Layer half the tortillas over the meat, allowing them to overlap. Spoon half of the cottage cheese and ½ cup of the cheese over the tortillas and spread evenly.  
5. Place 2 more cups of meat mixture over the cottage cheese. Layer with the remaining tortillas and cottage cheese. End with the meat mixture.  
6. Top with the remaining Cheddar cheese and bake uncovered until the cheese melts and the lasagna is heated through, about 25 minutes.