

# From Lisa's Kitchen: Mexican Lasagna

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Here's a Mexican take on the classic Italian lasagna. What I love about dishes like lasagna is that you can add or subtract practically anything you like, making it truly Flex·Able. Adapted from The South Beach Diet

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## Mexican Lasagna

Serves 4-6

**Flex·Able option:** 1 pound very lean ground beef, turkey or chicken

1 medium onion, chopped	1 tablespoon ground cumin
1 garlic clove, minced	½ teaspoon salt
3 cups low-fat cottage cheese	4 cups prepared salsa
1½ cups low-fat sour cream	4 high-fiber 8" tortillas, sliced in half
6 ounce jar chopped green chiles	1¾ cup low-fat shredded Monterey Jack cheese
½ cup chopped cilantro leaves	

Preheat oven to 350°. Spray 13" x 9" baking dish with cooking spray.

Spray large skillet with cooking spray. Cook onion and garlic over medium heat until onion is golden, about 5 minutes. If using, add ground meat and cook until no longer pink, about 8 minutes.

In another bowl, combine cottage cheese, sour cream, chopped peppers, cilantro, cumin & salt.

Spread about 1 cup salsa in a thin layer across bottom of baking dish, covering the entire bottom. Arrange half of the tortillas on top. Spread half of the cottage cheese mixture evenly over the tortillas, then top with half of the onion or meat mixture. Top with 1 cup salsa and ½ cup Monterey Jack cheese. Repeat layering with remaining tortillas, cheese and onion/meat mixture. Top with remaining salsa and cheese.

Bake for 30 minutes, or until heated through and bubbly. Broil briefly if cheese has not browned nicely during cooking.