



FEDERAL OCCUPATIONAL HEALTH

Improving the health, safety, and productivity of our Federal employees.



Mexibean Mock Lasagna*

Recipe Summary:

Preparation Time: 30 minutes
Number of Servings: 6
Cups of Fruits and Vegetables Per Person: 1.50

Ingredients:

2 tsp olive oil	15 oz can dark red kidney beans, rinsed and drained
1-1/2 cup chopped onion	15 oz can black beans, rinsed and drained
3 garlic cloves, minced	1 cup no added salt tomato sauce
1 green pepper, coarsely chopped	4 oz can diced green chilies, drained
1 red pepper, coarsely chopped	nonstick cooking spray
1 tsp ground cumin	6 corn tortillas
2 tsp chili powder	1 cup fat free ricotta cheese
1/8 tsp cayenne powder	3/4 cup low fat cheddar cheese, shredded
1 cup frozen or fresh corn kernels	

Directions:

In large skillet, heat oil over medium high heat. Sauté onion, garlic, and peppers for 5 minutes. Stir in spices and sauté 1 additional minute. Remove from heat. Mix in corn, beans, tomato sauce, and diced green chilies. Spray 13" x 9" dish with cooking spray. Place 3 tortillas in the dish arranging to cover the bottom. Spoon in half of the corn mixture, and spread 1/2 cup ricotta cheese on top. Sprinkle with half of the cheddar cheese. Repeat layers, using up all the ingredients. Cook, uncovered at 350°F for 45 minutes, until casserole is thoroughly heated and cheddar cheese has melted. Let stand 5 minutes before serving.

Nutrition Facts	
Mexibean Mock Lasagna	
Serving Size 1/6 of recipe	
Amount Per Serving	
Calories 340	Calories from Fat 45
% Daily Value (DV)*	
Total Fat 5g	8%
Saturated Fat 1g	5%
Trans Fat 0g	0%
Cholesterol 10mg	3%
Sodium 600mg	25%
Total Carbohydrate 53g	18%
Dietary Fiber 13g	52%
Sugars 10g	
Protein 18g	
Vitamin A	30%
Vitamin C	140%
Calcium	25%
Iron	20%
* Percent Daily Values are based on a 2,000 calorie diet.	

Diabetic Exchange**

Fruit: 0
Vegetables: 2
Meat: 1
Milk: 0
Fat: 0
Carbs: 2
Other: 0

** Diabetic exchanges are calculated based on the American Diabetes Association Exchange System. This site rounds exchanges up or down to equal whole numbers. Therefore, partial exchanges are not included.

This Mexican-style lasagna provides lots of protein and fiber. Each serving is a delicious way to get one and half cups of vegetables for the day.

* From the government's Fruits and Veggies More Matters campaign Web site (<http://www.fruitsandveggiesmatter.gov/>)