

QUESADILLA CASSEROLE



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Ingredients

Yield: 12

- 1 lb lean ground turkey
- 1/2 c chopped onion
- 2 tsp chili powder
- 1 tsp ground cumin
- 1 tsp dried minced garlic
- 1/2 tsp oregano
- 1/2 tsp crushed red pepper (optional)
- 16 oz tomato sauce
- 1 can (15 oz) black beans, drained and rinsed
- 1 can (8 3/4 oz) whole kernel corn, undrained
- 1 can (4 1/2 oz) green chilies, undrained
- 6 whole wheat tortillas (8 inches)
- 2 c shredded 2% low fat Cheddar or Mexican blend cheese

Directions

1. Brown beef and onion in a large skillet on medium-high. Add tomato sauce, beans, corn and green chilies. Mix well. Stir in all of the spices except the red pepper if you choose. Bring to a boil, reduce heat low and simmer 5 minutes.
2. Spread 1/2 cup of the turkey mixture on bottom of 9x13 pan (sprayed with cooking spray). It's best to use foil baking pans for freezer meals. Top with 3 of the tortillas, overlapping as needed. Layer with 1/2 of the remaining turkey mixture and 1/2 of the cheese. Repeat with remaining tortillas, turkey and cheese. Double wrap with heavy duty foil, label and freeze.

Cooking Instructions: Thaw and bake uncovered at 350 degrees for 15-20 minutes or until heated through. Let stand 5 minutes before serving.

Nutritional Information

| Serving: | Calories | Fat | Protein | Carbohydrates | Sodium |
|--------------------|----------|-------|---------|---------------|--------|
| 1/10 th | 246 | 7.8 g | 13.7 g | 23 g | 693 mg |

Carbohydrate Exchanges: 2