

Mexican Lasagna

Ingredients:

1 pound boneless, skinless chicken breasts, cut into strips

1 large onion, halved and cut into thin wedges

1 large clove garlic, minced

2 cups (16 ounces) fat-free ricotta cheese

1 cup (8 ounces) reduced fat sour cream

1 jar (4 ounces) chopped green chile peppers

1/2 cup chopped fresh cilantro (optional)

2 teaspoons ground cumin

1/8 teaspoon salt

3 cups salsa

8 corn tortillas (6" diameter), cut in half

1 1/4 cups (5 ounces) shredded low-fat Monterey Jack cheese



Directions: 1. Preheat the oven to 350°F. Coat a 13" x 9" baking dish with cooking spray. 2. Coat a large nonstick skillet with cooking spray and place over medium heat. Add the chicken and cook, turning several times, for 5 minutes, or until no longer pink. Remove to a medium bowl. Wipe the skillet with a paper towel. Coat with cooking spray. Place over medium heat. Add the onion and garlic. Cover and cook, stirring occasionally, for 7 to 8 minutes, or until lightly browned. Add to the chicken in the bowl. 3. In another medium bowl, combine the ricotta, sour cream, chile peppers, cilantro (if using), cumin, and salt. 4. Spread 1 cup of the salsa across the bottom of the prepared baking dish. Arrange half of the tortillas evenly over the salsa. Spread half of the ricotta mixture over the tortillas. Top with half of the chicken mixture. Top with 1 cup of the remaining salsa and 1/2 cup of the Monterey Jack. Repeat the layering sequence with the remaining tortillas, ricotta mixture, and chicken mixture. Sprinkle with the remaining 1 cup of the salsa and 3/4 cup cheese. 5. Bake for 30 minutes, or until heated through. Loosely cover with foil if the cheese browns too quickly.

8 Servings @ 6 Points, 8 Points Plus