

Enchilada Lasagna

Yield: 4 min
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/mexican-chicken-lasagna-recipe-with-corn-tortillas>

Ingredients:

- 8 corn tortillas
- 3 boneless skinless chicken breasts chicken, cooked and shredded, about 10 oz
- 1 teaspoon cumin
- 1 pinch cayenne pepper
- 3/4 cup black beans
- 1/2 red pepper chopped
- 1 tablespoon olive oil
- 1/2 sweet onion chopped
- 10 ounces enchilada sauce
- 2 cups jack cheese shredded cheddar, I used reduced-fat

Nutrition:

1. Calories: 530 calories
2. Carbohydrate: 39 grams
3. Cholesterol: 105 milligrams
4. Fat: 25 grams
5. Fiber: 8 grams
6. Protein: 39 grams
7. SaturatedFat: 12 grams
8. Sodium: 1190 milligrams
9. Sugar: 9 grams

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