

Mexican Lasagna with Chicken and Black Beans

Yield: 6 min
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/mexican-lasagna-recipe-chicken-greek-yogurt>

Ingredients:

- 2 cups salsa verde 5-Ingredient, or store-bought - divided
- 2 cups greek yogurt plain non-fat
- 12 ounces chicken breasts shredded, such as rotisserie
- 15 ounces black beans drained or rinsed
- 1 cup corn fresh or frozen
- 1 tablespoon cumin
- 1 teaspoon smoked paprika
- salt
- pepper
- 12 corn tortillas
- 1 1/2 cups sharp cheddar cheese shredded 2%
- avocado optional
- cilantro optional
- red onion optional

Nutrition:

1. Calories: 490 calories
2. Carbohydrate: 52 grams
3. Cholesterol: 75 milligrams
4. Fat: 19 grams
5. Fiber: 10 grams
6. Protein: 30 grams
7. SaturatedFat: 8 grams
8. Sodium: 1330 milligrams
9. Sugar: 11 grams

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