

Chicken Mexican Lasagna

Yield: 8 min
Total Time: 75 min

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

Ingredients:

- 4 cups chicken Shredded
- 1 batch cream sauce Poblano
- 1/2 cup cream cheese at room temperature
- 1 cup salsa
- 2 ears corn corn sliced off the cob
- 12 flour tortillas medium sized
- 1 cup refried beans
- 2 cups cheese I used a Cheddar Jack mix
- 1 can black beans 14 ounces
- sliced tomatoes Optional garnishes
- green onion Optional garnishes

Nutrition:

1. Calories: 590 calories
2. Carbohydrate: 52 grams
3. Cholesterol: 120 milligrams
4. Fat: 23 grams
5. Fiber: 8 grams
6. Protein: 41 grams
7. SaturatedFat: 11 grams
8. Sodium: 1280 milligrams
9. Sugar: 3 grams

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