

Healthy Mexican Lasagna

Yield: 12 min
Total Time: 45 min

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

Ingredients:

- 1 1/2 cups diced red onion
- 3 cloves garlic minced
- 1 tablespoon vegetable broth
- 2 teaspoons chili powder
- 2 teaspoons cumin
- 3/4 cup salsa
- 32 ounces crumbles seitan, /meatless crumbles, I used Trader Joe's meatless crumbles, but you can also use crumbled tempeh or seitan...
- 6 tortillas 7 inch low carb, *, I cut them into quarters to make them easier to layer.
- 8 ounces cheese shredded**

Nutrition:

1. Calories: 310 calories
2. Carbohydrate: 28 grams
3. Cholesterol: 20 milligrams
4. Fat: 12 grams
5. Fiber: 6 grams
6. Protein: 22 grams
7. SaturatedFat: 5 grams
8. Sodium: 770 milligrams
9. Sugar: 3 grams

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