Mexican Lasagna

Ingredients:
- 2 cups frozen corn, thawed
- 1 can (15 oz. black soybeans, rinsed and drained
- 1 can (14 ½ oz.) diced tomatoes with basil, oregano and garlic, undrained
- 1 can (4 oz.) chopped green chilies
- 3 green onions, sliced
- 2 tsp. dried oregano
- 2 tsp. ground cumin
- 4 corn tortillas (6 inches)
- 1 ½ cups (6 ounces) shredded Mexican cheese blend

Directions:

In a large bowl, combine the first seven ingredients. Place two tortillas in an 11 in. x 7 in. baking dish coated with cooking spray. Spread tortillas with half of the corn mixture; sprinkle with half of the cheese. Repeat layers.

Bake, uncovered, at 400 degrees for 15-20 minutes until heated through. Let stand for 5 minutes. Garnish each serving with a dollop of tofu sour cream or yogurt.

Yield: 6 servings

Nutrition Facts: 1 piece equals 293 calories, 11 g fat (6 g saturated fat), 25 mg cholesterol, 779 mg sodium. 6g carbohydrate, 6g fiber, 15g protein. Diabetic Exchanges: 2 starch, 1 lean meat, 1 vegetable, 1 fat.