

Mexican Casserole

Preparation Time: 1 hour, 45 minutes

Number of Servings: 6

Cups of Fruits and Vegetables

Per Person: 1.50

4 oz uncooked ziti pasta
nonstick cooking spray
2 medium onions, chopped
1 garlic clove, minced
2 medium carrots, finely chopped
1 green pepper, chopped
1 medium zucchini, chopped
1 16 oz can no added salt tomatoes, undrained
1 8 oz can no added salt tomato sauce
1 tsp oregano
1 16 oz can black beans, rinsed and drained
1 10 oz package frozen corn, thawed
2 tbsp green chilies, chopped
8 oz fat free ricotta cheese
4 oz shredded low-fat Monterey Jack cheese

Cook ziti according to package directions without salt; drain well. Preheat oven to 375°F. Coat a Dutch oven or large pot with cooking spray. Add onions, garlic, carrots, peppers, and zucchini; sauté over medium heat for 10 minutes, stirring often. Stir in tomatoes, tomato sauce, and oregano. Bring to a boil; reduce heat to low, simmering 15 minutes. Stir in beans, corn, chilies. Cook for 5 minutes. Remove from heat; add pasta and cheeses, tossing gently. Spoon into a 9-inch square baking dish coated with cooking spray. Bake for 30 minutes or until heated through. Let stand 5 minutes before serving.

Amount Per Serving: Calories* 320, Calories from Fat 50
% Daily Value (DV)*

Total Fat:	5g	8%	Sodium:	510mg	21%
Saturated Fat:	13g	15%	Cholesterol:	20mg	7%
Trans Fat:	0g	0%	Carbohydrate:	52g	17%
Protein:	18g				

* Percent Daily Values are based on a 2,000 calorie diet.



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