

Mexican LaZonya

Hands-on - 30 min. Oven/Exercise - 20 min. **Serves 9**

(A.K.A. Bean and Vegetable Enchilada Bake) Teenagers will love how this dish resembles “Taco Bell.”

Menu

Mexican LaZonya

Cinnamon Butternut Squash (page 277)

Low-Fat Ice Cream Cone

Preheat oven to 375°. Note: If serving *Cinnamon Butternut Squash*, get it started first.

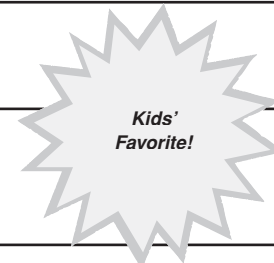
2 T	olive oil	Heat oil over medium-high heat in a large nonstick kettle. Add garlic and cook 1 minute.
1 tsp	chopped garlic (2 cloves)	

1 bag	(16 oz) California blend frozen vegetables	Add to the kettle and sauté until half-cooked, about 6 minutes.
1 bag	(16 oz) broccoli stir-fry frozen vegetables	

20 oz	extra lean ground turkey breast (opt)	Add to hot vegetables. Stir frequently until cooked through, about 6 minutes.
-------	---------------------------------------	---

1 jar	(16 oz) salsa of your choice	Add to kettle and set timer for 5 minutes.
1 can	(16 oz) tomato puree	

2 T	<i>Zippy Zonya Mexi Mix</i> [†]	Stir into the simmering skillet. When the timer goes off, it's time to assemble. Optional step: Puree sauce in a food processor to disguise vegetables for picky eaters.
1 can	(15 oz) pinto, black or kidney beans, rinsed and drained	



10-12	6" corn tortillas (flour tortillas work fine too)	Assemble in a 9" x 13" baking dish, layering evenly: 1/3 of the sauce, 4 tortillas and 1/2 cup cheese on top of tortillas (repeat 2 more times), but don't add last layer of cheese. Cover with aluminum foil and place in oven. Set timer for 25 minutes.
1½ cups	reduced-fat shredded cheddar cheese [†]	

How about jumping rope? Start with 5 minutes, working up to 20 when you can.

Remove foil, add last layer of cheese and bake 5 more minutes. *Stretch!*

Serve with *Cinnamon Butternut Squash*.

[†]See recipe on page 40.

[†]If you have small children, you may want to reduce this by half.

[†]See reduced-fat cheese tip on page xi (Introduction).

Nutrition information for 1 square (1/9 of dish) using ground turkey and corn tortillas

Calories	310	Fat	7 g	Fiber	8 g	Sodium	680 mg	Total Carbohydrate	34 g
Calories from Fat	20%	Saturated Fat	2 g	Cholesterol	33 mg	Protein	26 g	Sugars	5 g