

Mexican Lasagne

 Vegetarian

READY IN



93 min.

SERVINGS



8

CALORIES



630 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 avocados
- 30 ounce black beans drained and rinsed canned
- 3.3 cups regular corn canned drained
- 28 ounce tomatoes diced canned
- 2.5 cups mature goats cheddar grated
- 2 tablespoons cilantro stalks finely chopped
- 8 10-inch flour tortillas soft (approximately diameter)
- 0.3 cup cilantro leaves fresh roughly chopped

- 1 tablespoon garlic flavoured oil
- 2 chiles green with seeds chopped
- 3 tablespoons jalapenos from a jar green chopped
- 1 tablespoon catsup
- 1 teaspoon kosher salt or
- 1 tablespoon juice of lime
- 1 onion peeled chopped
- 1 bell pepper red seeded chopped
- 8 servings salt
- 1 scallion thinly sliced

Equipment

- bowl
- baking sheet
- sauce pan
- oven
- knife
- stove

Directions

- Special equipment: 1 round ovenproof dish, approximately 10 inches diameter and 2 1/4 inches deep
- Preheat the oven to 400 degrees F, slipping in a cookie sheet at the same time.
- Heat the oil in a saucepan on the stove and fry the onion, bell pepper and chiles.
- Add the salt and cook gently for 15 minutes, and once soft, add the chopped cilantro stalks.
- Add the canned tomatoes then rinse the cans out with water and add this too. Spoon in the ketchup and let things come to a simmer, leaving the sauce (or salsa in keeping with the Mexican mojo) to cook while you get on with preparing the filling- about 10 minutes.
- Mix the drained beans and canned corn in a bowl.

- Add most of the grated cheese, reserving some to sprinkle on the top at the end, and mix together.
- Start to assemble the lasagne by spooning about a third of the salsa into the bottom of your ovenproof dish and smear it about, then layer on 2 tortillas so that they cover the sauce overlapping slightly, like a Venn diagram.
- Add a third of the beans and cheese mixture covering the tortillas, and then about a quarter of the remaining salsa and another 2 tortillas.
- Repeat with another third of beans and cheese, and more salsa before layering on another 2 tortillas.
- Finally, add the last layer of beans and cheese, nearly all of the remaining salsa and cover with the last 2 tortillas.
- Spread the very last bit of salsa over the tortillas and sprinkle with the remaining cheese.
- Bake for 30 minutes, and let it rest for a good 10 to 15 minutes before slicing like a pizza, and eat with the avocado salsa.
- Halve the avocados, remove the pits, and then, using the tip of a sharp knife, cut lines down the flesh of each half, about a 1/4-inch apart and then the same across. Turn the avocado halves inside out, or otherwise release the pale green cubes into a bowl, then tumble in the scallion, chopped jalepenos, salt to taste, lime juice and most of the cilantro and toss gently to mix. Taste to see if any more salt is needed before scattering with the remaining cilantro and taking to the table.

Nutrition Facts

 **PROTEIN 14.89%**  **FAT 39.43%**  **CARBS 45.68%**

Properties

Glycemic Index:36, Glycemic Load:12.09, Inflammation Score:-9, Nutrition Score:30.390869518985%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol:

0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 4.11mg, Quercetin: 4.11mg, Quercetin: 4.11mg, Quercetin: 4.11mg

Nutrients (% of daily need)

Calories: 629.87kcal (31.49%), Fat: 28.13g (43.28%), Saturated Fat: 10.39g (64.92%), Carbohydrates: 73.34g (24.45%), Net Carbohydrates: 58.05g (21.11%), Sugar: 7.69g (8.55%), Cholesterol: 35.31mg (11.77%), Sodium: 1939.96mg (84.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.9g (47.81%), Fiber: 15.29g (61.15%), Vitamin C: 47.32mg (57.36%), Folate: 217.04µg (54.26%), Phosphorus: 501.62mg (50.16%), Calcium: 434.3mg (43.43%), Manganese: 0.83mg (41.36%), Vitamin B1: 0.62mg (41.14%), Selenium: 27.42µg (39.17%), Vitamin B2: 0.64mg (37.39%), Iron: 6.15mg (34.18%), Vitamin B3: 6.11mg (30.53%), Potassium: 1023.32mg (29.24%), Vitamin K: 27.23µg (25.93%), Magnesium: 99.2mg (24.8%), Copper: 0.49mg (24.35%), Vitamin A: 1140.19IU (22.8%), Vitamin B6: 0.45mg (22.61%), Zinc: 2.96mg (19.7%), Vitamin E: 2.73mg (18.17%), Vitamin B5: 1.36mg (13.61%), Vitamin B12: 0.37µg (6.24%), Vitamin D: 0.21µg (1.41%)