
Mexican Chicken Lasagna

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5 or 10 ounce package yellow rice
1/2 onion, sliced
1 pepper, diced
1 can (15 ounce) Mexican style diced tomatoes
1/2 jar salsa
1 can black beans
1 pound cooked chicken, shredded or strips
1 package taco or fajita seasoning mix
fresh cilantro (to taste), chopped
3/4 cup frozen corn
black olives (optional)
salt (to taste)
pepper (to taste)
1 package tortillas (corn or flour)
1 jar queso dip sauce
1 package shredded Mexican cheese
sour cream
1 jar enchilada sauce
guacamole

Preheat the oven to 350 degrees.

Cook the rice and set aside.

In a skillet, saute' the onions and pepper in oil until soft. Add the tomatoes, salsa, beans, chicken, seasoning mix, cilantro, corn and olives. Simmer covered for about 20 minutes. If the mix seems too thick or dry, add water, chicken broth or a small can of tomato sauce. Adjust the seasoning to taste with salt and pepper.

Spray a 13x9-inch baking dish with cooking spray. Place a little of the tomato liquid in the bottom of the dish. Layer the tortillas in the dish, cut so they do not overlap. Spread some rice over the tortillas. Top with a layer of meat mix. Spread some queso dip, shredded cheese and a little sour cream. Repeat the layers starting with the tortillas.

Finish the top with enchilada sauce and shredded cheese.

Bake for 20 to 30 minutes or until bubbly and the cheese has melted. Let stand for 10 minutes. Slice into squares. Serve with guacamole on the side.

(NOTE: If you like refried beans, add some to the pan with the chicken or layer on the tortillas before you spread the rice.)

Pasta

Per Serving (excluding unknown items): 1908 Calories; 50g Fat (23.5% calories from fat); 192g Protein; 176g Carbohydrate; 40g Dietary Fiber; 460mg Cholesterol; 1189mg Sodium. Exchanges: 10 Grain(Starch); 22 1/2 Lean Meat; 4 1/2 Vegetable; 5 Fat.