

Festive Taco Casserole

Ingredients:

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| ½ pound lean ground turkey | 1 15.5 oz can unsalted black beans, drained |
| ¼ cup chopped onion | 1 10 oz can unsalted whole kernel corn, drained |
| ¼ cup chopped green pepper | 1 cup low-fat cheese, shredded |
| 1 tablespoon Homemade Taco Seasoning (uses garlic powder, onion powder, chili powder, paprika, and black pepper) | 1 chopped tomato |
| 1 teaspoon cumin | 1 cup lettuce, shredded |
| 4 whole-wheat tortillas, cut in strips | Non-stick cooking spray |

Directions:

Preheat oven to 350°F. Over medium-high heat, brown ground turkey in a medium skillet. Add chopped onion and green pepper and drain fat. In a large mixing bowl, add homemade taco seasoning and one teaspoon cumin to the ground turkey mixture. Use a pizza cutter to cut tortillas into strips. Spray your baking dish with non-stick cooking spray. Cover the bottom of the baking dish with half of the tortilla strips. Top with ½ of the ground turkey mixture. Continue layering with ½ of the black beans, ½ the corn, and ½ the cheese. Repeat layers starting with another layer of tortilla strips. Bake for 20-30 minutes or until cheese melts. Remove from heat and top with shredded lettuce and chopped tomato.

