

A comforting lunch or supper dish, this easy-to-assemble casserole is a great way to use up leftover tortillas. Canned mild green chilies add just the right amount of heat--even for finicky kids.

Prep time: 20 minutes

Baking time: 45 minutes

Degree of difficulty: easy

Low-calorie

1 tablespoon vegetable oil
1 cup chopped onions
1 teaspoon minced garlic
12 corn tortillas, torn into 1-inch pieces
2 cups shredded Monterey Jack cheese
2 cans (4 1/2 oz. each) chopped green chilies
4 large eggs
2 cups buttermilk
1/2 teaspoon salt
1/4 teaspoon freshly ground pepper
1/8 teaspoon cumin
1/8 teaspoon oregano

1. Heat oven to 375 degrees. Heat oil in medium skillet over medium-low heat; add onions and garlic and cook 5 minutes until tender.

2. Grease an 11x7-inch baking dish; spread half the tortillas along bottom of baking dish. Sprinkle half the cheese and 1 can chilies over top. Sprinkle onion mixture over chilies. Repeat layering remaining tortillas, cheese and chilies.

3. Whisk eggs, buttermilk, salt, pepper, cumin and oregano in medium bowl. Pour over casserole. Bake 45 minutes until set and browned on top. Makes 6 servings.

PER SERVING

Calories 380

Total Fat 20 g

Saturated Fat 8 g

Cholesterol 185 mg

Sodium 854 mg

Carbohydrates 33 g

Protein 20 g

DAILY GOAL