

# Power meal: Enchilada Lasagna



**gwinnett**county  
**Cooperative Extension  
Education Resource**

## What you'll need

- ½ lb ground turkey breast
- 1 ½ cup reduced-fat Mexican-blend or cheddar cheese
- 1 cup canned diced tomatoes, drained
- 1 cup low-fat low-sodium cottage cheese
- ¼ cup canned jalapeño peppers, diced
- ½ cup chopped scallions
- 2 tsp chili powder
- 2 cloves garlic, crushed
- 6" corn tortillas
- 1 cup taco sauce

## How to make

Brown the turkey in a nonstick skillet. Let it cool, then combine it in a bowl with the cheese (reserving ½ cup), tomatoes, cottage cheese, peppers, scallions, chili powder, and garlic, stirring well. Coat an 11" X 7" baking dish with cooking spray. Place three tortillas in the dish and top with half of the turkey mixture. Layer three more tortillas, then the remaining turkey mixture. Place the last three tortillas on top, pour taco sauce over them, and sprinkle with ½ cup cheese. Bake at 375 degrees F. for 20 minutes. Makes four servings.

## Per serving

- 437 calories
- 34 grams (g) protein
- 43 g carbohydrates
- 11 g fat (6 g saturated)
- 893 milligrams (mg) sodium
- 3 g fiber

## Simple Side: Popeye and Olive Oil Salad

## What you'll need

- 1 ½ cup chopped baby spinach leaves
- 1 ½ cup chopped romaine lettuce
- 3 slices chopped prosciutto
- ½ cup mandarin orange slices
- ½ cup sliced strawberries
- 2 tbsp diced red onion

## For the dressing

- 1 ½ tsp olive oil
- 1 Tbsp red-wine vinegar
- ½ clove garlic, crushed
- ¼ tsp black pepper

## Per serving

- 238 calories
- 9 g protein
- 23 g carbohydrates
- 14 g fat (4 g saturated)
- 450 mg sodium
- 6 g fiber