



Cheesy Black Bean Lasagna

Recipe Source: www.melskitchencafe.com

Serves 10-12

Ingredients:

1-2 tsp olive oil
½ cup chopped onion
2 garlic cloves, finely minced (or ½ tsp garlic powder)
1 (6 oz) can tomato paste
½ tsp dried oregano
1 tsp cumin
1 tsp chili powder
½ tsp salt
¼ tsp black pepper
2 (15 oz) cans black beans, rinsed and drained
1 (28 oz) can crushed or diced tomatoes
1 ½ cups low-sodium vegetable or chicken broth
2 cups (about 15 oz) part-skim ricotta or low-fat cottage cheese
¼ cup chopped fresh cilantro
2 cups shredded Monterey Jack cheese
9-12 no-boil whole wheat lasagna noodles (enough for 3 layers)

Steps:

- Preheat the oven to 350°F. Lightly grease a 9x13 baking dish. Set aside.
- In a large 12-inch nonstick skillet, heat the oil over medium heat and add the onion and garlic. Sauté 2-3 minutes until the onions become translucent.
- Stir in the tomato paste, oregano, cumin, chili powder, salt, and black pepper. Mix until the ingredients come together. Add the beans, tomatoes, and broth. Using the back of a spoon or a potato masher, lightly mash the beans. Bring the mixture to a simmer and cook 8-10 minutes, stirring often.
- In a medium bowl, stir together the ricotta or cottage cheese, cilantro, and 1 cup of the Monterey Jack cheese.
- Spread about ½ cup of the sauce mixture on the bottom of the prepared pan. Layer three noodles, 1/3 of the sauce mixture, followed by 1/3 of the cheese mixture. (Just dollop it in spoonfuls; it doesn't need to be a completely even layer.) Repeat two more times. Sprinkle the remaining cup of cheese on top.
- Cover with lightly greased foil and bake in preheated oven for 30 minutes. Uncover and bake another 10 minutes until the edges are bubbling and the lasagna is heated through. Let stand 10 minutes before cutting and serving.

Tips from the Test Kitchen: You may want to drain the cottage cheese and blend slightly if using instead of ricotta.

Nutritional Facts: per serving Calories: 274, Carbohydrates: 27 grams, Protein: 16 grams, Total Fat: 12 grams, Saturated Fat: 6 grams, Cholesterol: 30 mg, Sodium: 689 mg, Fiber: 6 grams, Total Sugars: 6 grams.