

# Betty's Loaded Tex-Mex Lasagna



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In this video, Betty demonstrates how to make Loaded Tex-Mex Lasagna. Along with lasagna noodles, this one-dish meal contains eggs, yogurt, 3 kinds of cheese, Italian sauce, black beans, and spinach. It's an interesting dish that is loaded with lots of healthy ingredients to start your New Year!

## Ingredients:

9 lasagna noodles, cooked according to package directions and drained (I put about ½ teaspoon salt in the water to cook the lasagna.)  
2 large eggs, lightly beaten  
4-oz. cream cheese, softened to room temperature  
6-oz. carton plain yogurt  
1 cup shredded mozzarella cheese  
10-oz. package frozen chopped spinach, thawed and drained (I squeeze the thawed spinach with paper toweling to remove all liquid.)  
¼ cup chopped fresh cilantro  
½ teaspoon salt  
3 cups shredded Mexican-style cheese, divided (You may use taco-style, Monterey Jack, or pepper jack cheese.)  
15-oz. can black beans, drained and rinsed  
(2) 23.5-oz. jars Italian sauce (I used a garden vegetable variety.)  
½ teaspoon ground cumin seed  
cooking oil spray

In a mixing bowl, stir together 2 large lightly-beaten eggs, 4-oz. softened cream cheese, 6-oz. plain yogurt, a 10-oz. package frozen spinach, thawed and drained, ¼ cup chopped fresh cilantro, ½ teaspoon salt, and 1 cup shredded mozzarella cheese. Set aside. In a separate mixing bowl, mash a 15-oz. can of rinsed black beans. Stir in (2) 23.5-oz. jars Italian sauce and ½ teaspoon ground cumin seed. Spread 1/3 of the black bean mixture into a 13-inch by 9-inch by 2-inch Pyrex baking dish that has been sprayed with cooking oil spray. Place 3 cooked lasagna noodles across the bottom. Spread ½ of the spinach mixture over the top of the noodles. Sprinkle 1 cup Mexican-style cheese over the top. Repeat layers one time, and then top with remaining 3 lasagna noodles and the remaining 1/3 of the bean mixture. Cover with aluminum foil and bake at 350 degrees (F) for about 45 to 50 minutes. Remove the aluminum foil, sprinkle with remaining 1 cup of Mexican-style cheese. Bake an additional 5 to 10 minutes or until cheese is melted. This is a hearty, but healthy casserole that you will find to be very tasty, economical, and warming during the winter months ahead. I hope you enjoy it! --Betty ☐