



## TURKEY TACO LASAGNA

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*A fun twist on a classic taco dish. This easy Mexican casserole is full of meat and beans, layered to perfection and sandwiched between tortillas. It is also fully customizable to your liking. Make ahead of time or make just prior to serving. Either way, it will be a hit for your next Taco Tuesday.*

**Yield:** 4 servings

### Ingredients:

- 1 lb. **ground turkey**
- 1 Tbsp **cooking oil**
- 1 package **taco seasoning**  
\* Interested in making your own taco seasoning? Check out our website: <https://www.gobeyondunder.org/recipes/homemade-taco-seasoning>
- 1 package burrito size **tortillas** of choice, (whole wheat preferred)
- 1, 15.25 oz can **whole kernel corn**, drained
- 1, 15 oz can **black beans**, drained and rinsed
- 1 ½ cups shredded **cheddar cheese**, (reduced fat preferred)
- Optional toppings: **chopped lettuce, diced tomato, sliced olives, sour cream, salsa**

### Instructions:

1. Preheat the oven to 350°F. Coat a 9×13-inch baking dish with non-stick cooking spray and set aside.
2. Add oil to a sauté pan over medium-high heat; once warm, add ground turkey. Break up the meat using a spatula, so it cooks evenly; cook until the meat is no longer pink. Add taco seasoning.
3. Transfer meat mixture to a plate lined with paper towel.
4. Line the bottom of the baking dish with tortillas so that the bottom of the pan is covered with no visible gaps.
5. Spread thin layer of cooked meat over the top of the tortilla layer.
6. Add layer of corn and black beans over the top of the meat.
7. Lightly layer cheese over the corn and beans.
8. Top with tortillas.
9. Repeat steps 4 – 8 for an additional layer.
10. Bake at 350° F for 35 – 40 minutes, or until heated. Serve while warm. If additional toppings are desired, add to the top prior to serving.

**Per Serving:** Calories 311, Carbohydrates, 34.5g, Protein 24.9g, Saturated Fat 4.4g, Sodium 304.5 mg, Fiber 4.7g, Sugars 2.4g  
This recipe was adapted from [www.evolvingtable.com](http://www.evolvingtable.com)



