

Southwest lasagna

Makes 6 servings.

Preheat oven to 350F.

9 Tablespoons	Extra virgin olive oil
2 cup	Chopped red onions (1 medium)
2 cups	Canned Black beans, rinsed and drained (cooked)
1 cup	Salsa
1 cup	Canned, crushed tomatoes
4 oz	Shredded cheddar cheese or Mexican flavored shredded cheese
1 ½ cup	Park skim ricotta cheese
1 large	Egg
1 teaspoon	Dried oregano
6 oz	Whole wheat lasagna noodles, cooked

1. heat the olive oil on medium. Add the chopped onions. Stir to coat with the oil and season with salt, if desired. Heat on medium until soft (about 15 minutes), stirring occasionally.
2. stir in the black beans and cook an additional 3-5 minutes.
3. add the salsa and tomatoes. Cook this vegetable mixture about 5 minutes.
4. scramble the egg and add to the ricotta cheese. Mix in the dried oregano.
5. pour about 3 cups of the vegetable mixture in a baking dish. Put a layer of cooked noodles over the vegetables.
6. top with the ricotta cheese/egg mixture.
1. place a layer of noodles on top. Add the rest of the vegetable mixture and then sprinkle the shredded cheese evenly over the top.
2. cover with aluminum foil and bake at 350F for 30 minutes. Let stand 10-15 minutes before cutting.