

# Chilaquiles

From the kitchen of Rosie Gonzalez, Houston

Preparation time: 45 minutes

Number of servings: 6

## **Ingredients:**

- 12 corn tortillas cut into wedges
- 1 tablespoon vegetable oil
- 1 cup onion, chopped
- ¼ teaspoon garlic powder
- 2 teaspoon chili powder
- 1 teaspoon cumin
- 1 ½ cups low-fat cottage cheese
- 1 ½ cups canned tomatoes, crushed
- 6 ounces low-fat cheddar cheese

## **Preparation:**

1. Sauté onion in oil for 5 minutes. Add tortilla pieces, garlic powder, chili powder, and cumin. Mix until tortillas become soft.
2. Blend tomatoes with cottage cheese in blender until smooth. Pour slowly into pan with tortilla pieces.
3. Pour mixture into a casserole dish. Sprinkle with cheese. Bake at 350°F for 20 minutes.

## **Nutrition information per serving:**

FAT: 23% of calories from fat (low)

FIBER: 4 grams (high)

CALORIES: 278



## **TIP**

*Corn tortillas have less fat and more fiber than flour tortillas*