

Tortilla Casserole

Serves 12



TORTILLA CASSEROLE

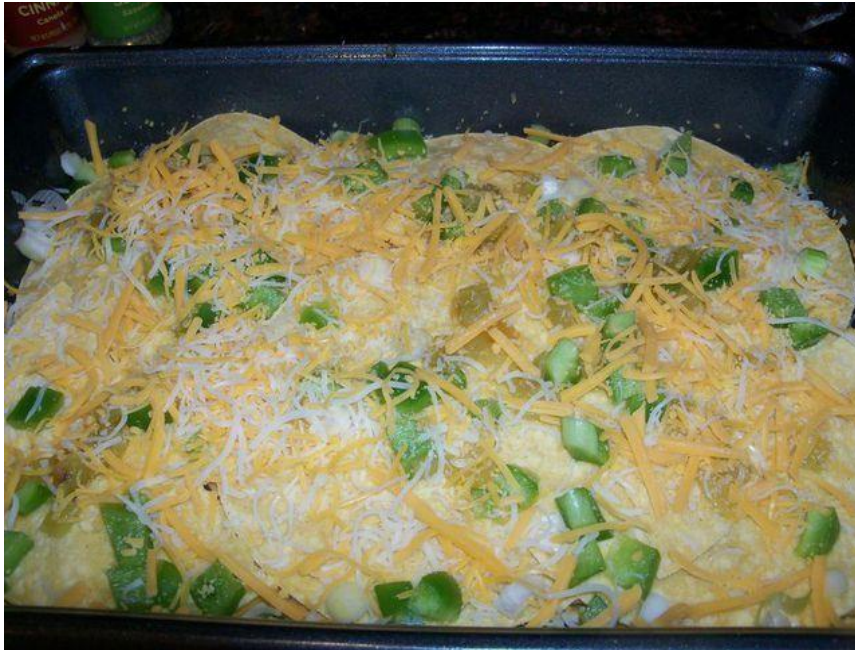
Serves: 12

Portion Size: 2 in x 4.5 in piece

Ingredients:

12 each	Medium Corn Tortilla
2/3 cup	Green Onions Chopped
½ cup	Canned Green Chili Peppers
1 cup	Green Bell Pepper Chopped
1 cup	Low-fat Monterey Cheese Shredded
½ cup	Low-fat Cheddar Cheese Shredded
1 ¼ cup	Egg Substitute
2 cups	Nondairy Creamer
4 ounces	Corn Relish (recipe in this book)

Instructions:



Grease a 9 x 13" baking dish. Place four corn tortillas on the bottom of the dish. Sprinkle with one third each of the green onions, chili peppers, bell peppers, Monterey Jack cheese, and cheddar cheese. Repeat the layers twice with the remaining ingredients.



In a large bowl, beat together the egg Substitute, nondairy creamer, and corn relish. Pour over the layered ingredients. Cover with plastic wrap and refrigerate overnight.



In the morning remove the casserole from the refrigerator, and take off the plastic wrap.



Preheat the oven to 350°F. Bake for 45 to 60 minutes in the preheated oven.



Remove and cut into 12 servings.

For more information or to find our complete cookbook, visit our page at www.renaldiethq.com/dialysiscookbook

Nutritional information per serving:

Calories: 180, Protein: 9 g, Carbohydrate: 19 g, Dietary Fiber: 2 g, Total Fat: 8 g, Saturated Fat:

2.5 g, Cholesterol: <5 mg, Calcium: 131.2 mg, Phosphorus: 205.4 mg, Potassium: 275 mg, Sodium: 230 mg

Nutrition Facts		Amount/Serving	%DV*	Amount/Serving	%DV*
Serv. size 1 (137g)		Total Fat 8g	10%	Total Carb. 19g	6%
Servings 12		Sat. Fat 2.5g	15%	Fiber 2g	8%
Calories 180		Trans fats 0g		Sugars 7g	
Fat Cal. 70		Cholest. less than 5mg	2%	Protein 9g	
* Percent Daily Values (DV) are based on a 2,000 calorie diet.		Sodium 230mg	10%		
		Vitamin A 4%	Vitamin C 25%	Calcium 15%	Iron 8%

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