

## Easy Fiesta Casserole

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Sodium Per Serving – 171mg

Serves 6

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**1/2 pound ground lean turkey or beef**  
**1/2 sweet onion, chopped**  
**1 (15-oz) NSA black or kidney beans, rinsed and drained\***  
**1 cup LS tomato-based salsa\***  
**1/4 tsp NSA chili powder\***  
**1/4 tsp garlic powder**  
**1/4 tsp NSA taco or spicy seasoning\***  
**1/8 tsp ground cumin**  
**1/8 tsp dried oregano\***  
**1/8 tsp ground black pepper**

**2 cups crushed LS tortilla chips (about 3 oz)**  
**1 cup lowfat sour cream**  
**2 tbsp (about 9 small) chopped ripe olives (optional)\***  
**1 (4-oz) can diced green chiles**  
**1 (15-oz) can NSA whole corn, drained**  
**1–2 tomatoes, chopped**  
**4 oz NSA Swiss cheese, shredded (about 1 cup)**  
**2 oz lowfat Cheddar cheese, shredded (about 1/2 cup)**

1. Preheat oven to 350°F (180°C). Coat a large rectangular baking dish with nonstick cooking spray.
2. In a skillet over medium heat; cook meat 4 to 5 minutes, stirring frequently and breaking up into small chunks. Add onion, beans, salsa, chili powder, garlic powder, taco seasoning, cumin, oregano, and black pepper; reduce heat to medium-low and cover. Cook, stirring occasionally, until meat is no longer pink, 5 to 10 minutes.
3. Spread crushed tortilla chips over bottom of prepared baking dish, layer turkey mixture on top, followed by sour cream, green chiles, corn, olives, tomatoes, and shredded cheeses. Cover with foil and bake for 20 to 30 minutes, until cheese is bubbly and lightly browned. Serve with additional salsa.

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NUTRITIONAL INFO PER SERVING: Calories 280, Fat 12g (Saturated Fat 6g), Cholesterol 37mg, Carbohydrates 25g (Fiber 6g, Sugar 5g), Sodium 171mg

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### \*Recipe Notes

1. Surprisingly, chili powder contains sodium (26mg per tsp). Look for NSA brands.
2. There are several unsalted spicy seasonings that are used for cajun or barbecue rubs that may be used. Also, if your market has a Hispanic section, check the dried spices in bags for a no-salt taco seasoning.
3. Look for Mexican oregano in the Hispanic section of the supermarket. It's flavor is more pungent than regular oregano.
4. Omitting the olives reduces the sodium to 153mg per serving.