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Chilequiles Verde

Mexican home cooking at its best (and a great way to use up stale corn tortillas), this combination of tortillas, salsa, vegetables and cheese is a terrific potluck dish. Try it with a side of black beans.

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Cooking spray cups prepared salsa, divided

8 to 10 (6-inch) stale corn tortillas, torn in quarters

1 (8-ounce) package Neufchatel cheese 2 eggs

3 tablespoons cornstarch

8 ounces extra-firm, water-packed tofu, crumbled ½ to 2 cups lightly steamed fresh vegetables

to 2 cups lightly steamed tresh vegetables (zucchini sliced in 1/2-inch rounds; string beans sliced in 1/2-inch lengths; chopped, cooked Swiss chard)

1 cup fresh or frozen corn kernels1 (10-ounce) can green chile sauce

4 ounces shredded sharp Cheddar or Monterey jack cheese

1. Preheat oven to 350F.

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2. Spray a 15-by-10-inch baking dish with cooking spray. Spread about ³/₄ cup salsa over the bottom of dish. Scatter one-third of the tortillas on top.

3. Place ½ cup salsa, Neufchatel, eggs and cornstarch in food processor. Process until smooth. Stir in crumbled tofu.

4. Spoon half the Neufchatel mixture over tortillas. Scatter vegetables and corn on top. Drizzle with remaining ³/₄ cup salsa, and top with half the remaining tortillas. Cover with remaining Neufchatel mixture. Top with remaining tortillas. Spoon green chile sauce over top.

5. Bake, covered, 40 minutes. Remove cover; sprinkle with shredded cheese. Increase heat to 375F; bake 10 to 12 minutes, until cheese is melted and slightly browned. Serves 8.

Per serving: 322 calories, 15g fat, 90mg chol., 16g prot., 32g carbs., 3g fiber, 660mg sodium.



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