



“Frito” Chili Pie

Active time 25 minutes **Total time** 45 minutes

Makes 4 main-dish servings

Nonstick cooking spray

4 corn tortillas

Salt and pepper

1 Tbsp. canola oil

2 lg. red peppers (8 to 10 oz. each), chopped

1 lg. onion, chopped

2 jalapeños, seeded, very finely chopped

3 cloves garlic, chopped

1 Tbsp. no-salt-added chili powder

2 tsp. ground cumin

½ tsp. dried oregano

1 lb. 93% lean ground beef sirloin

2 cans (14.5 oz. each) no-salt-added diced tomatoes

¾ c. shredded low-fat (50%) Cheddar cheese

2 romaine lettuce hearts, very thinly sliced (4 c.)

prepared pan. Lightly coat tortillas with cooking spray. Sprinkle with ⅛ teaspoon salt. Bake 10 minutes or until golden brown. Cool.

3. Meanwhile, in 12-in. skillet, heat oil on medium-high. Add red peppers and onion; cook 7 minutes or until tender, stirring. Stir in jalapeños, garlic, chili powder, cumin, and oregano; cook 1 minute. Add beef; cook 3 minutes or until browned, stirring and breaking into small pieces. Add tomatoes, ¾ teaspoon salt, and ½ teaspoon pepper. Heat to boiling. Reduce heat to simmer 10 minutes or until chili has thickened, stirring.

4. Divide tortillas among bowls. Top with chili, Cheddar, and romaine.

1. Preheat oven to 425°F. Lightly coat jelly-roll pan with cooking spray.

2. Cut tortillas into 1½" by ½" strips. Spread evenly in

EACH SERVING 😊 About 445 calories, 35 g protein, 40 g carbohydrate, 17 g total fat (6 g saturated), 9 g fiber, 81 mg cholesterol, 735 mg sodium.