

Black Bean Lasagna
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9 lasagna noodles	½ cup chopped fresh cilantro, divided
½ cup chopped onion	1 ½ cups cottage cheese
½ cup chopped red bell pepper	1 cup ricotta cheese
½ cup frozen corn kernels, thawed	¼ cup sour cream
2 cloves garlic, chopped	8 oz. Monterey Jack cheese, shredded
1 (15 oz.) can black beans, rinsed and drained	¼ cup black olives, sliced
1 (16 oz.) can refried black beans	
2 ¾ cups canned tomato sauce	
½ cup salsa	

1. Preheat oven to 350 degrees. Bring a large pot of water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; drain.
2. Coat a large skillet with non-stick cooking spray, and place over medium heat. Saute onion, red bell pepper, corn, and garlic until tender. Stir in black beans, refried beans, tomato sauce, salsa and ¼ cup cilantro. Cook until heated through and slightly thickened; set aside.
3. In a large bowl, combine cottage cheese, ricotta, sour cream, shredded Monterey Jack cheese and remaining ¼ cup chopped cilantro; set aside.
4. Coat a 9 x 13 inch casserole dish with non-stick cooking spray. Arrange 3 of the cooked lasagna noodles in the bottom of the dish, cutting to fit if necessary. Spread with 1/3 of the bean mixture, then 1/3 of the cheese mixture. Repeat layers twice more. Sprinkle top with olives.
5. Cover, and bake in preheated oven for 45 minutes.
6. This can be frozen unbaked and kept for up to a month. Simply thaw in refrigerator overnight and bake as directed.