

Mexicali Casserole

Makes 8 servings

- 2- 14 1/2 -ounce packages tofu
- 1 28-ounce can of no-salt red chili sauce
- 2 tablespoons chili powder
- 2 8-ounce cans low-salt tomato sauce
- 2 tablespoons all-purpose flour
- 1 to 2 cloves garlic, minced *or* pressed
- 18 corn tortillas
- 1 cup shredded cheddar cheese
- 1 cup shredded farmers cheese
- 1 cup diced green peppers
- 1 cup chopped green onions
- 1/4 cup sliced ripe olives

Drain tofu and freeze for 48 hours. Thaw and wrap tightly in cheesecloth, pressing to squeeze out liquid; crumble. Combine red chili sauce, chili powder, and tomato sauce in large saucepan. Blend in flour. Add crumbled tofu and garlic. Cook over medium heat, stirring occasionally until heated through. Preheat oven to 350°. Line the bottom of a 9x 13 inch casserole dish with 6 tortillas. Spread with 1/3 the sauce. Sprinkle with 1/3 of the cheeses, green pepper, and onion. Repeat with remaining tortillas, sauce, and toppings. Sprinkle top with olives. Bake for 45 minutes or until hot and bubbly.

Calories 430
Protein 21 g
Carbohydrate 59g
Fat 14g
Sodium 220mg
Potassium 1040mg

NUTRITION INFORMATION PER SERVING

Percent U.S. RDA/ Per Serving

Protein 35%
Vitamin A 60%
Vitamin C 90%
Thiamine 20%
Riboflavin 15%
Niacin 15%

Calcium 35%
Iron 40%
Phosphorus 50%