



Layered Taco Pie

Makes 6 servings

Ingredients

- 1 ½ teaspoons extra-virgin olive oil
- 1 pound 93% lean ground beef
- 1 ½ teaspoons ground cumin
- 1 ¼ teaspoons onion powder
- 1 teaspoon garlic powder
- ½ teaspoon chili powder
- ¼ teaspoon freshly ground black pepper

- 1 6-ounce can tomato paste, divided
- 4 9-inch whole-grain tortillas
- 3 cups baby spinach (about 5 ounces)
- ¼ cup cilantro, torn into small pieces
- 10 ounces frozen corn, thawed and drained
- 1 cup shredded cheddar cheese
- 1 tablespoon water
- *optional toppings: sour cream, cherry tomatoes, more shredded cheddar cheese

Directions

1. Preheat oven to 400 F. Grease a 9-inch cake or pie pan with oil. Set aside.
2. In a large skillet, brown ground beef with the spices over medium-high heat, breaking it up with a wooden spoon or heat-safe spatula. Add 4 ounces tomato paste. Stir.

(directions continued on back)



MAIN DISH



Directions (continued)

3. Place 1 tortilla in the prepared pan. Sprinkle 1 cup spinach and 1 ½ tablespoons cilantro on top. Cover with ½ of the corn and ½ of the meat mixture. Top with ¼ cup of cheese. Repeat two more times and place the last tortilla on top.
4. In a small bowl, stir together water and remaining tomato paste. Spread over top tortilla and sprinkle remaining cheese on top. (All ingredients should be gone.)
5. Bake for 18 to 25 minutes or until lightly brown on top. Remove from oven, allow to cool slightly and run a knife around the edges. Then cut into 6 wedges and enjoy warm with additional toppings, if desired.*

*Option not included in nutrition facts.

 = low sodium

Visit allinahealth.org/recipes for more healthful recipe ideas.

Nutrition Facts

Serving Size 1 slice of taco pie (230g)
Servings Per Container 6

Amount Per Serving

Calories 380 **Calories from Fat 130**

% Daily Value*

Total Fat 15g **23%**

Saturated Fat 6g **30%**

Trans Fat 0g

Cholesterol 65mg **22%**

Sodium 440mg **18%**

Total Carbohydrate 35g **12%**

Dietary Fiber 4g **16%**

Sugars 7g

Protein 27g

Vitamin A 45% • Vitamin C 25%

Calcium 15% • Iron 20%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Calories: 2,000 2,500

Total Fat Less than 65g 80g

Saturated Fat Less than 20g 25g

Cholesterol Less than 300mg 300mg

Sodium Less than 2,400mg 2,400mg

Total Carbohydrate 300g 375g

Dietary Fiber 25g 30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Recipe contains: wheat, milk
Carb choices per serving: 2 ½