

SANTA FE PIE

Cooking spray

3 to 4 (6-inch) reduced fat or fat free flour tortillas

½ pound lean ground beef

1 cup chopped onion

1 1/2 cups shredded 2% milk Mexican four cheese (cheddar, Monterey Jack, Colby and mozzarella cheese)

2 (4-ounce) cans chopped green chilies, drained

2 medium tomatoes, chopped and drained

6 eggs, beaten

1 cup reduced-fat cottage cheese

1 tablespoon chili powder

2 teaspoons cumin

¼ cup chopped cilantro, optional

Evenly coat a 10-inch pie plate with cooking spray. Place tortillas in pie plate, overlapping, covering bottom and sides. Place beef and onion in a skillet and cook until meat browns; drain. Combine with cheese, green chilies and tomato pieces; stir to mix. Spread meat mixture over tortillas. In a large bowl combine eggs, cottage cheese, chili powder and cumin; beat to mix. Pour egg mixture into pie plate. Bake in a preheated 350°F oven until center reaches 160°F, about 40 to 45 minutes. Sprinkle with cilantro, if desired. Cut into wedges and serve.

Yield: 6 to 8 servings.