

SPOTLIGHT RECIPE



VEGETARIAN MEXICAN LASAGNA

- Heat the oven to 350 F.
- Place the barley in a pot with water and bring to a boil. Lower the heat to a simmer and cook until tender, about 30 minutes. Drain and set aside.
- Heat the oil in a pan and sauté the onions for 2 minutes; add the diced green chilies and cooked barley. Toss to combine.
- Add the fresh cilantro and season with the salt. Set aside until ready to assemble the lasagna.
- In a 2-inch hotel pan:
 - Spread 1 cup of the enchilada sauce evenly.
 - Spread 10 corn tortillas (tear the corn tortillas as needed to cover the pan evenly).
 - Pour 1 cup of the sauce to cover the tortillas.
 - Layer 1/2 of the barley filling evenly.
 - Place 3 cups of the refried beans atop the filling.
 - Sprinkle 1 cup of the grated cheese.
 - Spread 10 corn tortillas to cover; press gently to spread out the beans and even the layer.
 - Repeat once more with the sauce, beans, filling and cheese.
 - Finish with the final layer of corn tortillas, 1 cup of sauce and 1/2 cup of the shredded cheese.
- Cover and bake in the oven for 30 minutes.

Ingredients

Servings: 24

- 1 1/3 cups pearl barley
- Water
- 2 tablespoons canola oil
- 2 cups diced onions
- 4 cups canned green chili peppers, drained, diced
- 2 cups fresh cilantro, chopped
- 1 teaspoon salt
- 4 cups red enchilada sauce
- Thirty 6-inch white corn tortillas
- 6 cups vegetarian refried beans
- 2 1/2 cups pepper jack cheese, shredded

Side dishes

- Mixed-Greens Salad
- Crispy Tortilla Chips

