



BBQ Chicken Cornbread Casserole



1/6th of casserole: 305 calories, 2.5g total fat (0.5g sat. fat), 719mg sodium, 48g carbs, 2.5g fiber, 21.5g sugars, 23.5g protein

Prep: 15 minutes **Cook:** 50 minutes

More: [Lunch & Dinner Recipes](#), [Four or More Servings](#)



Ingredients

- 1 cup frozen sweet corn kernels
- 1 cup chopped onion
- 1 cup chopped bell pepper
- 12 oz. cooked and shredded skinless chicken breast
- 1 cup BBQ sauce
- 1/2 cup all-purpose flour
- 1/3 cup yellow cornmeal
- 2 tbsp. natural no-calorie sweetener that measures like sugar
- 1 1/2 tsp. baking powder
- 1/8 tsp. salt
- 3/4 cup canned cream-style corn
- 1/3 cup (about 3 large) egg whites or fat-free liquid egg substitute
- 1/3 cup fat-free plain Greek yogurt
- Optional toppings: light sour cream, chopped scallions

Directions

Preheat oven to 375 degrees. Spray an 8" X 8" baking pan with nonstick spray.

Bring a large skillet sprayed with nonstick spray to medium-high heat. Add frozen corn, onion, and pepper. Cook and stir until mostly softened, 6 - 8 minutes.

Transfer skillet contents to a large bowl. Add chicken and BBQ sauce, and mix well. Transfer to the baking pan, and smooth out the top.

In a medium-large bowl, combine flour, cornmeal, sweetener, baking powder, and salt. Mix well. Add cream-style corn, egg whites/substitute, and yogurt. Mix until uniform.

Pour mixture over the contents of the baking pan, and smooth out the top. Bake until a toothpick inserted into the topping comes out clean, 35 - 40 minutes.

MAKES 6 SERVINGS

HG Tip: If using sweetener that's twice as sweet as sugar, halve the amount of sweetener called for in the recipe. Read those labels carefully!

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