



## 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

**Green Plan [SmartPoints](#)® value 9\***

**Blue Plan (Freestyle™) [SmartPoints](#)® value 7\***

**Purple Plan [SmartPoints](#)® value 7\***

**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!

[SmartPoints](#)® value\* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the [SmartPoints](#)® values\* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

\*The [SmartPoints](#)® values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the [SmartPoints](#)® trademark.