Enchilada Chicken Cornbread Casserole



1/6 of recipe: 313 calories, 8g total fat (3.5g sat. fat), 725mg sodium, 33g carbs, 2.5g fiber, 6g sugars, 31.5g protein

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Prep: 25 minutes **Cook:** 50 minutes

Cool: 10 minutes

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Ingredients

1 1/2 cups chopped bell pepper
1 1/2 cups chopped onion
1 lb. cooked and shredded skinless chicken breast
One 10-oz. can red enchilada sauce
1/2 cup whipped cream cheese
1/2 cup shredded reduced-fat Mexican-blend cheese
1 tsp. ground cumin
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 liquid egg substitute
1/3 cup fat-free plain Greek yogurt
Optional: chopped fresh cilantro

Directions

Preheat oven to 375°F. Spray an 8” x 8” baking pan with nonstick spray.

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

Transfer to a large bowl. Add chicken, enchilada sauce, cream cheese, shredded cheese, and cumin. 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.

Evenly pour cornbread mixture over the chicken mixture, and smooth out the top.

Bake until a toothpick inserted into the topping comes out clean, 35–40 minutes.

Let cool for 10 minutes.

MAKES 6 SERVINGS

HG Tip: Save time by using precooked chicken breast. Look for cooked and shredded chicken in the refrigerated section, or use rotisserie chicken breast with the skin removed and shred it yourself.

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