

From Real Estate to Recipes!



JANUARY FEATURE RECIPE



Chicken Tamale Casserole

Ingredients:

1 cup pre shredded 4-cheese Mexican Blend, divided
1/3 cup fat free milk
1/4 cup egg substitute
1 tsp ground cumin
1/8 tsp ground red pepper
1 (14 3/4 oz) can cream-style corn
1 (8.5 oz) box corn muffin mix (such as Martha White or Betty Crocker)
1 (4oz) can chopped green chiles, drained
Cooking spray
1 (10 oz) can red enchilada sauce (such as Old El Paso)
2 cups shredded cooked chicken breast
1/2 cup low fat or fat free sour cream



Directions:

1. Preheat oven to 400°
2. Combine 1/4 cup cheese and next 7 ingredients (through chiles) in a large bowl, stirring just until moist. Pour mixture into a 13"x 9" baking dish coated with cooking spray.
3. Bake at 400° for 15 minutes or until set. Pierce entire surface liberally with a fork; Pour enchilada sauce over top. Top with chicken; sprinkle with remaining 3/4 cup cheese. Bake at 400° for 15 minutes or until cheese melts. Remove from oven; let stand 5 minutes. Cut into 8 pieces; top each serving with 1 Tablespoon sour cream.

