

TEX MEX CHICKEN CASSEROLE

Gluten Free, Higher Fiber, Low Carb / Diabetes Friendly, Lower Saturated Fat

Serves: 6 (Serving = 1/6 dish)

Nutrition (per serving)

Calories: 230

Total Fat: 6 g

Saturated Fat: 3 g

Sodium: 506 mg

Total Carbohydrate: 24 g

Dietary Fiber: 4 g

Protein: 20 g



Ingredients

- Cooking Spray
- 4 ounces light sour cream
- ½ cup salsa
- ½ Tablespoon chili powder
- 1 teaspoon ground cumin
- 1 teaspoon Spanish paprika
- 4 ½ corn tortillas
- 4 cups (12 ounces) diced, cooked chicken
- 12 ounces frozen southwestern blend vegetables
- ½ cup reduced fat shredded Mexican blend cheese



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Directions

- 1.Preheat oven to 375 degrees F.
- 2.Stir sour cream and salsa together in a small bowl, set aside.
- 3.In another small bowl, mix the chili powder, ground cumin and Spanish paprika together. Set aside.
- 4.Spray a 8 x 8" baking dish with cooking spray. Cover the bottom with 2 ¼ corn tortillas.
- 5.Layer 2 cups diced chicken, ½ of the sour cream and salsa mixture, ½ of the frozen vegetables and ½ of the seasoning blend. Repeat, beginning with the corn tortillas.
- 6.Sprinkle shredded cheese on top.
- 7.Cover and bake in the oven for 30 minutes.
- 8.Uncover and bake an additional 10 minutes.