

Chicken Enchilada Casserole

*All-Time Favorites Volume 6
Better Homes and Gardens Magazine*

Servings: 8

*nonstick cooking spray
9 six-inch corn tortillas
1 can (11 ounce) whole kernel corn
with sweet peppers, drained
1 package (6 ounce) refrigerated
cooked Southwestern-flavor chicken
breast strips, chopped
1 can (4 ounce) diced green chile
peppers, undrained
2 cups (8 ounce) Mexican-style four-
cheese blend, shredded
1 can (19 ounce) enchilada sauce
1 can (15 ounce) black beans, rinsed
and drained
1 package (7 ounce) refrigerated
guacamole
1/2 cup sour cream
chopped tomato (optional)
snipped fresh cilantro (optional)*

Preparation Time: 15 minutes

Slow Cooker: 5 hours

Lightly coat the bowl of a 3-1/2- or 4-quart slow cooker with cooking spray. Tear three tortillas and place in the prepared cooker, overlapping the pieces. Top with the corn, one-half of the chicken and one-half of the chile peppers. Sprinkle with 1/2 cup of the cheese. Pour about 3/4 cup of the enchilada sauce over the layers in the cooker.

Repeat with three more tortillas, the black beans, remaining chicken and remaining chile peppers. Sprinkle with another 1/2 cup of the cheese. Pour another 3/4 cup of the enchilada sauce over the mixture. Top with the remaining three torn tortillas, the remaining one cup of cheese and the remaining enchilada sauce.

Cover and cook on LOW heat setting for 5 hours OR on HIGH heat setting for 2-1/2 hours.

Turn off the cooker. If possible, remove the crockery liner from the cooker. Let stand, covered, for 15 minutes before serving.

Serve with guacamole and sour cream. If desired, sprinkle with chopped tomato and fresh cilantro.

Per Serving (excluding unknown items): 211 Calories; 7g Fat (30.0% calories from fat); 8g Protein; 30g Carbohydrate; 5g Dietary Fiber; 16mg Cholesterol; 87mg Sodium. Exchanges: 2 Grain(Starch); 1/2 Lean Meat; 1/2 Vegetable; 0 Non-Fat Milk; 1 1/2 Fat.

Chicken, Slow Cooker

Per Serving Nutritional Analysis

Calories (kcal):	211	Vitamin B6 (mg):	.2mg
% Calories from Fat:	30.0%	Vitamin B12 (mcg):	.1mcg
% Calories from Carbohydrates:	55.9%	Thiamin B1 (mg):	.3mg
% Calories from Protein:	14.1%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	7g	Folacin (mcg):	144mcg
Saturated Fat (g):	4g	Niacin (mg):	1mg
Monounsaturated Fat (g):	2g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	1g	Alcohol (kcal):	0
Cholesterol (mg):	16mg	% Refuse:	0%
Carbohydrate (g):	30g	Food Exchanges	
Dietary Fiber (g):	5g	Grain (Starch):	2
Protein (g):	8g	Lean Meat:	1/2
Sodium (mg):	87mg	Vegetable:	1/2
Potassium (mg):	475mg	Fruit:	0
Calcium (mg):	103mg	Non-Fat Milk:	0
Iron (mg):	2mg	Fat:	1 1/2
Zinc (mg):	1mg	Other Carbohydrates:	0
Vitamin C (mg):	12mg		
Vitamin A (i.u.):	775IU		
Vitamin A (r.e.):	100 1/2RE		

Nutrition Facts

Servings per Recipe: 8

Amount Per Serving

Calories 211 **Calories from Fat:** 63

% Daily Values*

Total Fat 7g	11%
Saturated Fat 4g	19%
Cholesterol 16mg	5%
Sodium 87mg	4%
Total Carbohydrates 30g	10%
Dietary Fiber 5g	22%
Protein 8g	
<hr/>	
Vitamin A	15%
Vitamin C	20%
Calcium	10%
Iron	10%

* Percent Daily Values are based on a 2000 calorie diet.