

Easiest-Ever One-Dish Chicken Tamales

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Servings: 8

1 package (8-1/2 ounce) corn muffin mix

1 can (14-3/4 ounce) cream-style corn

2 eggs lightly beaten

1/2 cup milk

1 teaspoon chili powder

1/2 teaspoon ground cumin

1 package (8 ounce) shredded taco cheese blend, divided

1 can (10 ounce) hot enchilada sauce

3 cups cooked rotisserie chicken, shredded

1 cup sour cream (optional)

lime wedges (optional)

Preparation Time: 15 minutes

Bake: 40 minutes

Preheat the oven to 400 degrees.

Coat a 13x9x2-inch baking dish with nonstick cooking spray.

In a large bowl, combine the muffin mix, corn, eggs, milk, chili powder, cumin and one cup of the cheese. Spoon into the prepared baking dish.

Bake for 20 minutes.

Pierce the casserole with a small knife in about twelve places. Spread the enchilada sauce over the top. Scatter the chicken and remaining cup of cheese over the casserole.

Bake for 20 additional minutes.

Allow to cool for 10 minutes. Cut into eight squares. If desired, serve with sour cream and lime wedges.

Per Serving (excluding unknown items): 70 Calories; 2g Fat (29.7% calories from fat); 2g Protein; 11g Carbohydrate; 1g Dietary Fiber; 2mg Cholesterol; 168mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Non-Fat Milk; 1/2 Fat; 1/2 Other Carbohydrates.

Chicken, Mexican

Per Serving Nutritional Analysis

% Calories from Fat:	29.7%
% Calories from Carbohydrates:	61.4%
% Calories from Protein:	8.9%
Total Fat (g):	2g
Saturated Fat (g):	1g
Monounsaturated Fat (g):	1g
Polyunsaturated Fat (g):	trace
Cholesterol (mg):	2mg
Carbohydrate (g):	11g
Dietary Fiber (g):	1g
Protein (g):	2g
Sodium (mg):	168mg
Potassium (mg):	47mg
Calcium (mg):	28mg
Iron (mg):	trace
Zinc (mg):	trace
Vitamin C (mg):	trace
Vitamin A (i.u.):	146IU
Vitamin A (r.e.):	18 1/2RE

Vitamin B12 (mcg):	.1mcg
Thiamin B1 (mg):	.1mg
Riboflavin B2 (mg):	.1mg
Folacin (mcg):	3mcg
Niacin (mg):	1mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

Food Exchanges

Grain (Starch):	0
Lean Meat:	0
Vegetable:	0
Fruit:	0
Non-Fat Milk:	0
Fat:	1/2
Other Carbohydrates:	1/2

Nutrition Facts

Servings per Recipe: 8

Amount Per Serving

Calories 70 Calories from Fat: 21

% Daily Values*

Total Fat 2g	4%
Saturated Fat 1g	4%
Cholesterol 2mg	1%
Sodium 168mg	7%
Total Carbohydrates 11g	4%
Dietary Fiber 1g	4%
Protein 2g	
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Vitamin A	3%
Vitamin C	1%
Calcium	3%
Iron	3%

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