

Chicken

Mexican Chicken Casserole with Charred Tomato Salsa

Cooking Light

Servings: 8

Preparation Time: 25 minutes

Start to Finish Time: 1 hour 10 minutes

The heat of the jalapeno is concentrated in the seeds and veins. For maximum heat, skip the seeding process.

Broiling condenses flavor by evaporating the juices slowly. Stir the vegetables once for an even char.

The longer the salsa is allowed to sit, the more the flavors will meld. Make extra and use to enhance other dishes.

SALSA

8 plum tomatoes, halved and seeded

3 cloves garlic, peeled and crushed

1 small onion, chopped

1 seeded jalapeno pepper, quartered

cooking spray

1/3 cup fresh cilantro, chopped

3 tablespoons fresh lime juice

1/8 teaspoon black pepper

CASSEROLE

1 cup onion, chopped

1 cup fresh or frozen corn kernels

1 cup zucchini, diced

1 cup red bell pepper, chopped

3 cups cooked chicken breast half, shredded

1 tablespoon garbanzo beans, minced

2 teaspoons chili powder

1 teaspoon ground cumin

1 can (10 oz) green chile enchilada sauce

1 can (4 oz) chopped green chiles

12 6-inch corn tortillas

1 cup (4 oz) Monterey Jack cheese, shredded

1 cup (4 oz) feta cheese, crumbled

SALSA: Preheat broiler.

Combine tomatoes, cloves, onion and jalapeno on a baking sheet coated with cooking spray. Broil 20 minutes or until charred; stirring once. Remove from oven; cool slightly. Place mixture in a food processor; add cilantro, lime juice and pepper. Process until smooth. Set aside.

CASSEROLE: Preheat oven to 350 degrees.

Heat a large nonstick skillet over medium-high heat. Lightly coat pan with cooking spray.

Add onion, corn, zucchini and bell pepper; saute' 6 minutes or until tender.

Add chicken and garlic, chili powder, cumin, enchilada sauce and green chiles; saute' 2 minutes or until thoroughly heated. Remove from heat.

Spread 1/3 cup of salsa over the bottom of 13x9-inch baking dish coated with cooking spray. Arrange half of tortillas over salsa. Spoon two cups of chicken mixture evenly over tortillas. Top with 3/4 cup of salsa. Sprinkle with 1/2 cup of each cheese. Repeat layers, starting with remaining tortillas and ending with remaining cheese.

Bake for 25 minutes until bubbly.

Per Serving (excluding unknown items): 374 Calories; 15g Fat (36.5% calories from fat); 32g Protein; 29g Carbohydrate; 4g Dietary Fiber; 90mg Cholesterol; 412mg Sodium. Exchanges: 1 Grain(Starch); 4 Lean Meat; 1 1/2 Vegetable; 0 Fruit; 1 1/2 Fat.