

## Tasty Tamale Casserole – by Paula Hendricks, Nutrition Consultant



After the holidays have past and the cold weather is upon us, it is time for some comfort food. This dish is a crowd pleaser. Serve to the family, take it to a football game party, or cut it into individual serving sizes and freeze it for meals during the week. It is really tasty and you can spice it up for your individual taste buds by adding jalapeno peppers or spicier green sauce. Enjoy on the LCD and MD.

### Ingredients:

- 1 28 oz. can Juanita’s Mexican Style Hominy (do not substitute brand)
- 1 15 oz. can green chile enchilada sauce, mild or spicy
- 1.5 lbs. chicken breasts, uncooked and chopped into bite- sized pieces
- 1 7 oz. can diced green chilies
- 1 medium-sized avocado, diced
- 1 16 oz. package fresh spinach, chopped
- 2 cups Kraft reduced fat 2% shredded Mexican cheese
- 1/4 cup olive or canola oil
- 1 small onion, chopped
- 4 garlic cloves, minced
- Sour cream, fresh cilantro, and optional jalapeno peppers or other Mexican seasonings



**Instructions:** Using a food processor, place the hominy, ½ cup cheese, 1 minced garlic clove, 2 T. olive oil and ½ tsp. each salt and pepper. Blend until the hominy turns into a dough-like consistency. If it is too dry, add a bit more olive oil when blending. Divide the dough into two balls. Using an 8 x 11 baking dish, spray with non-stick vegetable oil and spread one dough ball evenly on the bottom. Place in oven and bake at 400 degrees for 10 minutes. When slightly browned, remove from oven and set aside. Keep the oven on.

While the crust is baking, in a large hot skillet, add 2 T. oil, onion, 2-3 minced garlic cloves, green chilies and chicken. Cook chicken for about 6-8 minutes until cooked but not dry. Transfer chicken from pan to a bowl and set aside. Using the same skillet, add 1 T. oil, half of the fresh spinach, a pinch of salt and pepper and sauté until spinach cooks down; add the remaining spinach and stir until completely sautéed. Transfer spinach to cooked chicken add 1 cup cheese and mix. Pour evenly over the hominy crust.

In food processor, blend green enchilada sauce, ½ of the avocado and 2 T. of sour cream. Pour over the entire dish evenly. Take the other dough ball and pull off one small piece at a time, lightly flatten and place each piece evenly over the top of the casserole. Sprinkle the ½ cup cheese over top. Bake in oven for about 20-25 minutes at 400 degrees, until the top is lightly browned. Remove from oven and let rest for 10 minutes. Garnish with sour cream, a sprig of cilantro and serve warm with a crispy green salad.

**Nutritional Analysis:** Each serving contains approximately 32 grams of protein, 10 grams of net carbs, 8 grams of fiber, 14 grams of fat, and about 300 calories.