

Mexi Chicken Casserole

Recipe by C.

This recipe makes: ten 2 unit servings or
This recipe makes: eight 3 unit servings or
This recipe makes: six 4 unit servings or
This recipe makes: four 5 unit servings

Cooks Note: You can reduce your prep time by purchasing two roasted chickens at the grocery store and tearing off all of the meat to be the equivalent to 5 (6 oz.) chicken breasts. Do not use the skin. If you do this, do **Step 1** in the directions, adding the chicken AFTER the broth and chiles have come to a boil. Remove the skillet from the heat and let the chicken sit in the liquid about 10 minutes to soak up the flavors. Continue on with the directions from this point.

Ingredients:

1 cup fat-free, low-sodium chicken broth
2 x 4.5 oz. cans diced green chiles, separated
5 (6 oz.) boneless, skinless chicken breast halves
OR: buy two roasted whole chickens and tear off all the meat
2 tsp. Light Olive Oil
1 cup diced sweet onion
1 can Campbell's Low-sodium Cream of Chicken Soup
1 cup (4 oz.) Shredded Pepper-Jack Cheese
1 can (10 oz.) Enchilada Sauce
8 (6 inch) corn tortillas
Canola Oil Cooking spray
1/2 cup (2 oz.) shredded medium cheddar cheese
6 Baked Blue Tortilla chips

Preheat oven to 350°

Directions:

Step 1: Combine broth and 1 can of the chiles in a large skillet; bring to a boil. Add the chicken and reduce the heat. Simmer 15 minutes or until chicken is done, turning chicken once. Remove the chicken from the liquid, reserving the liquid in a bowl; cool chicken. Shred chicken and set aside.

Step 2: In the same skillet, heat the olive oil over med-high heat. Add 1 can of chiles and the diced onion. Sauté 3 minutes, or until tender. Add reserved liquid, the soup, the shredded Jack cheese and Enchilada sauce; stir well. Stir in the shredded chicken; cook for 2 more minutes. remove skillet from heat.

Step 3: Spray a 9 X 13 casserole dish with canola oil. Cut the tortillas into thin strips. Spread out a layer of strips on the bottom of the casserole dish. Spoon 2 cups of the chicken mixture over the tortilla strips. Repeat layers twice, ending with the chicken mixture. Sprinkle with the cheddar cheese and the Baked Blue Tortilla chips. Bake at 350° for 30 minutes. Let stand for about 10 minutes before serving.

Yield: 8 servings (serving size is measured at 1 cup = a 3 unit meal)