



Low Fat -Low Carb Chicken-Chili Relleno Casserole



Ingredients

- 1 1/2 c. reduced-fat Mexican shredded cheese blend.
- 1 c. Carb Hood Count Down 2% Beverage.
- 3/4 c. fat-free egg sub. or (3) beaten eggs.
- 6 Mission Low-Carb Whole Wheat, Corn or White tortillas (your choice), torn into 2 in. pieces.
- 2 cans (4oz.) chopped mild green chilies or green salsa (can be substituted).
- 1/2 c. mild chunky salsa or can Rotel.
- 1/4 tsp. salt (omitted for low-sodium diet).
- 2 tsp. chopped cilantro
- Fat -free or light Sour Cream
- 1 lb. skinless cooked chicken breast or (2 cans white meat chicken).
- 1 tsp. olive oil to grease pan & (1) large glass

Directions

Grease large glass baking dish with olive oil. Pre-heat oven to 375*. In large mixing bowl, combine 1 c. cheese, Carb Hood, eggs, tortillas (already torn) chilies, salsa, chicken & salt. Mix well & pour into pan. Bake at 375* about 30 min. till set.

Sprinkle additional 1/2 c. cheese & cilantro over top & bake another couple minute till cheese is melted. Serve with dollop of sour cream. (Can omit chicken for vegetarian dish instead). Serves 6.