

MOM'S MEXICAN CHICKEN CASSEROLE

3 large, half chicken breasts, skinned
10 corn tortillas
2 tablespoons vegetable oil
1 small can chopped green chilies
1 medium onion, chopped
2 cans cream of chicken soup, undiluted
1 Cup mayonnaise
6 ounces cheddar cheese, grated

Preheat oven to 350° F.

Tear corn tortillas roughly into sixths or eighths. Scatter in the bottom of a 9 x 13 inch pan.

Steam chicken breasts in a small amount of water. Remove chicken breast to a platter to cool. (Chicken may be cooked in advance and help in the refrigerator.) Reserve about ½ cup of broth from the steaming pan and pour over the tortilla pieces to soften.

When the chicken is sufficiently cooled, remove meat from bones and cut or tear into 1 inch pieces. Scatter chicken over the tortilla pieces.

Heat oil in a skillet and sauté onions until translucent. Combine chopped chilies, chicken soup, and mayonnaise with the sautéed onions and stir well to make a sauce. (To shorten preparation time, prepare the sauce while the chicken is steaming.)

Pour sauce over the chicken and tortilla pieces and stir carefully, trying to keep the chicken pieces spread evenly throughout the casserole. Sprinkle grated cheese evenly over the casserole. Cook uncovered in the oven until heated through, about 30-45 minutes.

Top with your favorite salsa and serve with a mixed green salad and fruit.

Makes 12 servings: 415 calories and 29 grams fat per serving.

MOM'S MEXICAN CHICKEN CASSEROLE Redux



3 large, half chicken breasts, skinned
10 corn tortillas
Spray oil
1 small can chopped green chilies
1 medium onion, chopped
2 cans Campbell's Healthy Request cream of chicken soup, undiluted
1 cup Best Food's Light mayonnaise
4 ounces Kraft's reduced fat sharp cheddar cheese, grated

Prepare as above, using de-fatted chicken broth to soften the tortillas and spray oil to sauté the onions.

Makes 12 servings: 250 calories and 8 grams fat per serving.

Replace the light mayonnaise with plain non-fat yogurt and decrease calories to 205 per serving.