

Chicken and Green Chile Casserole

Courtesy of Carole's Creations

Prep Time: 30 minutes

Cooking Time: minutes

Serves: 4

CChints: This recipe calls for roasted chicken. You can usually get one at your local market and if they offer different flavors, select one that will go well with a Mexican dish...like Mojo or Lemon Pepper or Original but not a BBQ flavored. Two chicken breasts will usually yield 2 cups.



2 teaspoons olive oil

3/4 cup chopped yellow sweet onions like Vidalia, Walla Walla, etc.

1-1/2 cups of sliced button mushrooms, broken into smaller pieces

1 glove of minced garlic, fresh or from a jar

14 ounce can petite diced tomatoes, undrained

4.5 ounce can chopped green chilies, slightly drained

1/2 teaspoon cumin

1/2 teaspoon salt and a dash of pepper

10 ounce can 98% fat free cream of chicken soup

1 cup reduced fat sour cream

2 cups roasted boneless, skinless chicken shredded or cut into bite size pieces.

1-1/2 cups shredded 6 cheese blend, divided (This is a mixture of mozzarella, Asiago, Fontina, Provolone, Romano and parmesan that can be found in most markets.)

2 of the 8 inch flour tortillas

Garnish with sliced fresh chives or green onions

Heat the oven to 350 degree F. and locate a 8x8 baking pan.

Heat the oil in a large nonstick skillet over medium heat. Add the oil and when it is hot, add the onions and mushroom and cook for 5 minutes. Add the garlic for 1 minute then stir in the tomatoes and through salt and pepper and cook for 5 minutes until the liquid is nearly gone.

Reduce the heat and add the soup and sour cream and blend well. Remove about 2/3 cup of sauce and set it aside. Once blended add the chicken and half of the cheddar cheese. Cook stirring often until it comes to a low boil and then remove it from the heat.

Spray the pan with cooking spray and pour in the reserved sauce. Spread it around in the pan. Lay 1 of the tortillas in the bottom of the pan. Pour half of the chicken mixture over the tortilla and spread it out. Then lay the other tortilla on top and pour in the remaining mixture and spread out evenly. Top with the remaining cheese and bake for 20-25 minutes or until it bubbles.

Turn on the broiler and broil the casserole for 1- 2 minutes until the cheese just started to brown. Remove from the oven and let stand 5 minutes. Cut it into 4 or 6 pieces, sprinkle with chives or green onions and serve.