

Chiles Rellenos Casserole

Ingredients

1/2 pound ground turkey
1 cup chopped onion
1 3/4 teaspoons ground cumin
1 1/2 teaspoons dried oregano
1/2 teaspoon garlic powder
1/4 teaspoon salt
1/4 teaspoon pepper
1 (16-ounce) can fat-free refried beans
2 (4-ounce) cans whole green chiles, drained and cut lengthwise into quarters
1 cup (4 ounces) preshredded colby-Jack cheese
1 cup frozen whole kernel corn, thawed and drained
1/3 cup cornbread mix
1/4 teaspoon salt
1 1/3 cups skim milk
1/8 teaspoon hot sauce
2 eggs, lightly beaten
2 egg whites

Preparation

Cook turkey and onion in a nonstick skillet over medium-high heat until browned, stirring to crumble. Combine turkey mixture, cumin, and next 5 ingredients in a bowl. Stir well, and set aside.

Arrange half of green chile strips in an 11 x 7-inch baking dish; top with half of cheese. Spoon mounds of bean mixture onto cheese, and spread gently, leaving a 1/4-inch border around edge of dish; top with corn. Arrange remaining chile strips over corn; top with remaining cheese. Set aside.

Combine cornbread mix and salt in a bowl; gradually add milk and hot sauce, stirring with a wire whisk until blended. Stir in eggs and egg whites; pour over casserole. Bake at 350° for 1 hour and 5 minutes or until set; let stand 5 minutes.

Yield

6 servings (serving size: 1 (3 1/2-inch) square)