

Chicken Fiesta Taco Bake

Makes: 8 Servings

Cornmeal is one of the ingredients in this recipe. Recipe Tip! You may use canned beef or pork instead of chicken.

Ingredients

- nonstick cooking spray
- 1 cup** canned chicken (drained)
- 2 cups** fresh corn kernels (or frozen corn, thawed)
- 2 teaspoons** chili powder
- 1/2 teaspoon** black pepper
- 2/3 cup** water
- 1 cup** American cheese (cut into pieces)
- 3/4 cup** cornmeal
- 1/4 cup** flour
- 2 tablespoons** sugar
- 2 teaspoons** baking powder
- 1 cup** evaporated milk
- 1 egg

Directions

1. Preheat oven to 400 degrees F.
2. In a medium-size skillet coated with nonstick cooking spray, combine the chicken or beef, corn, chili powder, black pepper, and water. Cook 5 minutes or until browned.
3. Spoon meat mixture into a 9x13-inch baking dish. Sprinkle with cheese.
4. In a large bowl, combine cornmeal, flour, sugar, and baking powder.
5. Stir in milk and egg, mixing until combined.
6. Spread cornmeal mixture over cheese and meat.
7. Bake for 20 minutes or until browned.

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	270	
Total Fat	10 g	
Protein	14 g	
Carbohydrates	31 g	
Dietary Fiber	2 g	
Saturated Fat	5 g	
Sodium	400 mg	

Notes

Tip: You can use canned beef or pork instead of chicken