

Chicken

Green Chile Chicken Bake

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Servings: 6

PANCAKE TORTILLAS

2 tablespoons Crisco Pure Vegetable Oil, divided

1 cup corn, fresh, frozen or canned (drained)

2 large eggs

1 cup water

1 cup Hungry Jack Buttermilk Pancake & Waffle Mix

1 teaspoon salt

1/2 teaspoon ground cumin

Crisco cooking spray

GREEN CHILE FILLING

2 cans (10 oz) green chile enchilada sauce, divided

2 cups cooked chicken (white and dark meat), coarsely diced

1/2 cup fresh cilantro, minced

1 1/2 cups Monterey Jack cheese, shredded and divided

Pico de gallo salsa or fresh tomatoes and sour cream

Heat one tablespoon of oil in an 8-inch skillet over medium-high heat. Add the corn. Saute' 5 to 8 minutes or until golden brown, stirring frequently to keep from getting too dark. Process in a blender until the corn is coarsely chopped.

Add the eggs, water and one tablespoon of oil to the blender container. Process until smooth. Blend in the pancake mix, salt and cumin. Allow to rest for 10 minutes.

Coat a skillet with nonstick cooking spray. Heat over medium heat. Add three tablespoons of the pancake batter to the skillet, tilting to spread evenly. Cook about 1 minute per side or until golden brown, turning the first side when the top is dry. Place the cooked tortilla on a plate. Repeat until all of the batter is used.

Preheat the oven to 375 degrees.

Coat a 13x9-inch baking pan with nonstick cooking spray. Spread 1/2 cup of the enchilada sauce in the bottom of the prepared pan.

In a medium bowl, combine one cup of the enchilada sauce, the chicken, cilantro and 1/2 cup of the cheese.

Spread two heaping tablespoons on each tortilla. Roll tightly until the filling comes to the ends.

Place in the pan, seam side down. Repeat until all of the tortillas are in the pan, side by side.

Top with the remaining enchilada sauce. Sprinkle with the remaining cheese.

Bake for 20 to 25 minutes or until the cheese is light brown and the sauce is bubbling.

Serve topped with pico de gallo, salsa or tomatoes and sour cream.

Per Serving (excluding unknown items): 153 Calories; 11g Fat (60.9% calories from fat); 10g Protein; 5g Carbohydrate; 1g Dietary Fiber; 96mg Cholesterol; 536mg Sodium. Exchanges: 1/2 Grain(Starch); 1 Lean Meat; 1 1/2 Fat.