

Side Dish

Cheddar Tot Casserole

Taste of Home Light & Tasty - April/May 2007

Servings: 10

Preparation Time: 15 minutes

Bake Time: 30 minutes

1 can (12 oz) fat-free evaporated milk

1 can (10 3/4 oz) reduced-fat reduced-sodium condensed cream of chicken soup, undiluted

1 cup (8 oz) reduced-fat sour cream

1/4 cup butter, melted

1 teaspoon onion powder

1 teaspoon garlic powder

1 package (32 oz) frozen Tater Tots

1 cup (4 oz) reduced-fat cheddar cheese, shredded

1 cup baked sour cream and onion potato chips, crushed

Preheat oven to 350 degrees.

In a large bowl, combine the evaporated milk, soup, sour cream, butter, onion powder and garlic powder.

Gently stir in the Tater Tots.

Transfer the mixture to a 3x9x2-inch baking dish coated with nonstick cooking spray.

Sprinkle the top with cheese and potato chips.

Bake, uncovered, for 30 to 35 minutes or until bubbly and heated through.

Per Serving (excluding unknown items): 62 Calories; 5g Fat (66.2% calories from fat); 2g Protein; 3g Carbohydrate; trace Dietary Fiber; 13mg Cholesterol; 76mg Sodium. Exchanges: 0 Grain(Starch); 0 Non-Fat Milk; 1 Fat.