
Layered Mexican Chicken

Magdalena Maxwell

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olive oil cooking spray
2 pounds boneless/ skinless chicken breast
30 ounces canned black beans, rinsed and drained
3 cups fat-free sour cream
2 cups reduced-fat Mexican-style cheese, divided
8 ounces chopped green chilies
2 teaspoons ground cumin
1/2 teaspoon black pepper
12 medium corn tortillas, cut into two-inch strips
1 cup salsa (mild, medium or hot)

Preheat the oven to 350 degrees.

Coat a lasagna pan with cooking spray.

Place the chicken in a medium saucepan. Fill with enough cold water to cover the chicken. Set the pan over high heat and bring to a boil. Reduce the heat to medium. Simmer until the chicken is cooked through, approximately 10 to 15 minutes. Drain. When the chicken is cool enough to handle, cut into one-inch pieces.

Transfer the chicken to a large bowl. Add the beans, sour cream, one cup of shredded cheese, chilies, cumin and pepper. Mix well and set aside.

Arrange half of the tortillas in the bottom of the prepared lasagna pan, overlapping pieces to cover the surface. Top the tortillas with half of the chicken mixture, layer with the remaining tortillas and then top with the remaining chicken mixture. Sprinkle with the remaining one cup of cheese.

Bake in a 350 degree oven for 30 minutes or until the filling is bubbly and the cheese is melted.

Let stand for 5 minutes. Slice into twelve pieces. Serve with salsa on the side.

(NOTE: You may use left-over cooked chicken in place of the uncooked chicken.)

Chicken

Per Serving (excluding unknown items): 1864 Calories; 15g Fat (7.0% calories from fat); 114g Protein; 330g Carbohydrate; 62g Dietary Fiber; 77mg Cholesterol; 3622mg Sodium. Exchanges: 17 Grain(Starch); 11 Lean Meat; 1 1/2 Fat; 10 1/2 Other Carbohydrates.