



Chicken Tamale Casserole

Description

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This chicken tamale casserole is a quick and easy Mexican dish and a delicious alternative to traditional tamales. My friend Angela shared this recipe with me several months ago. I came across it again while searching for Mexican dishes to share for Cinco de Mayo. This chicken tamale casserole has a layer of corn spoonbread on the bottom and is topped with chicken, cheese and enchilada sauce.

My husband and I both really enjoyed this Mexican dish and I ate the leftovers for lunch several days in a row. It makes around eight nice sized servings. The original recipe is featured on [My Recipes](#). I felt it needed more chicken and cheese so I increased the amount and omitted the ground red pepper. You can never have too much cheese in my opinion.

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My husband and I love Mexican food and it eat out frequently. Our favorite go to place is Jose Pepperâ€™s which is probably considered more Tex-Mex. Whatâ€™s your favorite Mexican restaurant?

Chicken Tamale Casserole

Author: Dawn @joyfulscribblings.com

Ingredients

- 2 cups shredded cheese â€“ cheddar or Mexican blend
- 1/3 cup milk (I use 1 %)
- 1/4 cup egg substitute (I use the Southwestern blend)
- 1 tsp ground cumin
- 1 (14 3/4 oz) can cream-style corn
- 1 (8.5 oz) box corn muffin mix (I use Jiffy)
- 1 (4 oz) can chopped green chiles, drained
- cooking spray
- 1 (10 oz) can red enchilada sauce
- 3 cups shredded cooked chicken breast
- 1/2 cup light sour cream
- avocado (optional)

Instructions

1. Preheat oven to 400 degrees.
2. Combine 1/4 cup cheese and next 7 ingredients (through chiles) in a large bowl, stirring just until moist.
3. Pour mixture into a 13 x 9 in baking dish coated with cooking spray.
4. Bake at 400 degrees for 15 minutes or until set.
5. Pierce entire surface liberally with a fork; pour enchilada sauce over top. Top with chicken; sprinkle with remaining cheese.
6. Bake at 400 degrees for 15 minutes or until cheese melts.
7. Remove from oven and let stand 5 minutes.
8. Cut into 8 pieces and top with a tablespoon of sour cream and avocado slice.

A margarita tastes great with Mexican food. If youâ€™re in need of a good margarita recipe. Check out one of these [12 unique margarita recipes](#) I shared in a past post.



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queenie