

Chicken Tamale Pie

Ingredients:

- 1 box Jiffy Corn Muffin Mix
- 1 onion, chopped
- 1 green pepper, chopped
- 1/4 cup fat free chicken broth
- 1 - 20 ounce can tomatoes, drained
- 1/8 teaspoon chili powder
- 1 pound ground turkey or chicken breast



1. Preheat oven to 375° F.
2. In large bowl, combine corn muffin mix according to directions. Mix well and set batter aside.
3. In large nonstick skillet over high heat, saute onions and pepper in broth until tender. Add tomatoes and chili powder; cook until thick and set aside.
4. In another large nonstick skillet over high heat, cook meat for 10 minutes or until browned. Remove from heat and rinse with hot water.
5. Combine meat with tomato mixture; mix well.
6. In 8" x 8" nonstick baking dish, pour half of the corn meal batter, top with meat mixture and cover with remaining cornmeal batter. Add Jalapenos to batter (optional)
7. Bake for 30 minutes or until golden brown. Serve hot.

Makes 6 equal servings 4 points 6 pointsplus