

Chicken Tortilla Casserole

1 can 98% fat free condensed cream of chicken soup

1 can chopped green chiles

8 oz fat free sour cream

1/2 cup skim milk

2-1/2 cups shredded cooked chicken breast

8 yellow corn tortillas torn into bite size pieces

1 medium green bell pepper, chopped

1 cup 1 large tomato, chopped

1 cup

2-1/2 cup shredded sharp cheddar or mexican blend cheese 2% milk

Heat Oven to 350. Spray 13 by 9" glass baking dish with cooking spray. In large bowl mix soup, chilies, sour cream and milk until blended. Stir in chicken tortillas, and bell pepper. Stir in tomatoes and 2 cup of the cheese. Spoon and spread mixture in baking dish. Cover with foil and bake 40 minutes. Uncover and sprinkle with remaining 1/2 cup cheese. Bake uncovered 5-10 minutes longer or until cheese is melted and mixture is bubbly. Let stand 5 minutes,

Makes 6 servings @ 6 Points, 8 points plus

