

Shrimp Chili Cornbread Casserole

Ingredients:

2 teaspoons canola oil
1 large onion, chopped
1 medium green bell pepper, chopped
4 cloves garlic, minced
3 medium zucchini, diced (about 5 cups)
1 1/2 tablespoons chili powder
1 1/2 teaspoons ground cumin
1 teaspoon ground cinnamon
1 teaspoon salt
2 14-ounce cans no-salt-added diced tomatoes
1 1/2 pounds raw shrimp peeled and deveined
1/2 cup chopped fresh cilantro
Cornbread
Topping
1 cup yellow cornmeal
1 cup all-purpose flour
2 teaspoons baking powder
1/2 teaspoon salt
3/4 cup nonfat milk
1/4 cup canola oil
1 large egg
1 tablespoon honey



Preparation:

- 1.To prepare filling: Heat 2 teaspoons oil in a Dutch oven over medium heat. Add onion and bell pepper; cook, stirring often, until softened, about 3 minutes. Add garlic and cook, stirring, for 30 seconds. Stir in zucchini; cook, stirring often, for 3 minutes. Stir in chili powder, cumin, cinnamon and 1 teaspoon salt; cook for 20 seconds. Pour in tomatoes and their juice; bring to a simmer. Remove from the heat. Stir in shrimp and cilantro. Pour into a 9-by-13-inch baking pan.
- 2.Preheat oven to 350°F.
- 3.To prepare cornbread topping: Whisk cornmeal, flour, baking powder and 1/2 teaspoon salt in a large bowl. Whisk milk, 1/4 cup oil, egg and honey in a medium bowl until smooth. Add the wet ingredients to the dry ingredients and stir just until moistened. Drop by heaping tablespoons over the shrimp mixture.
- 4.Bake the casserole, uncovered, until the top is browned and the filling is bubbling, 40 to 45 minutes. Let stand for 10 minutes before serving

12 servings @ 5 points

12 servings @ 6 pointsplus