

## Chicken Tamale Casserole

1 cup preshredded 4 cheese Mexican blend cheese divided  
1/3 cup non-fat milk (rice or almond milk is ok)  
1/4 cup egg substitute or one egg  
1 tsp. ground cumin  
1/8 tsp. ground red pepper  
1 (14 3/4 ounce) can creamed corn  
1 (8.5 ounce) box of Jiffy corn muffin mix  
1 (4 ounce) can of green chiles, drained  
1 can sliced olives  
Cooking spray  
1 (10 ounce) can of red enchilada sauce  
2 cups shredded cooked chicken breasts  
1/2 cup sour cream (I use light sour cream)

1. Preheat oven to 400 degrees
2. Combine 1/4 cup cheese and the next 7 ingredients.  
*You can add the sliced olives to this mixture or save them to put on top of the casserole later.* Pour mixture into a 13 x 9 inch baking dish coated with cooking spray.
3. Bake at 400 degrees for 15 minutes or until set. Pierce entire surface with a fork; pour enchilada sauce over top. Top with chicken; sprinkle with remaining 3/4 cup cheese. Bake at 400 degrees for 15 minutes or until cheese melts. Remove from the oven; let stand 5 minutes. Cut into 8 pieces; top each serving with 1 tablespoon sour cream.

Note: Sometimes I use part jalapeno jack cheese along with the Mexican blend cheese.