



corn. Serve with an avocado or cucumber salad.

*Prep time: 25 min Servings: 6*

*Cook time: 30 min Calories: 816*

### **Ingredients:**

2 cups frozen corn  
1 1/2 cups green bell pepper, diced  
salt  
pepper, freshly ground  
8 cups tortilla chip  
3 1/2 cups cooked chicken, cubed  
3 cups tomato, chopped  
2 1/2 cups mild Cheddar cheese, grated  
1/2 cup cornmeal  
1/4 cup fresh parsley, finely chopped

### **Directions:**

1. Preheat the oven to 350 degrees.
2. If you're using fresh or frozen corn, steam over simmering water for 1 to 2 minutes, or until cooked but still firm.
3. If you're using canned corn, drain.
4. In a bowl, mix the corn, bell peppers, and parsley and season to taste with salt and pepper.
5. Line a large casserole or baking dish with half of tortilla chips, overlapping them to completely cover the bottom.
6. Top with all of the turkey and /or chicken, then half of the tomatoes and half of the cheese.
7. Layer the remaining tortilla chips, the corn mixture, and the rest of the tomatoes on top.
8. Sprinkle with the cornmeal and the remaining half of the cheese.
9. Cover the casserole and bake for 25 minutes.
10. Remove the cover and place the dish under the broiler for about 3 to 5 minutes, or until the cheese is bubbling and the cornmeal crust turns golden brown.
11. Cut and serve like lasagna, making sure each serving goes down to the bottom of the casserole.
12. Serve accompaniments in separate bowls.

*Calories from protein:23%*

*Calories from carbohydrates:27%*

*Calories from fat:48%*