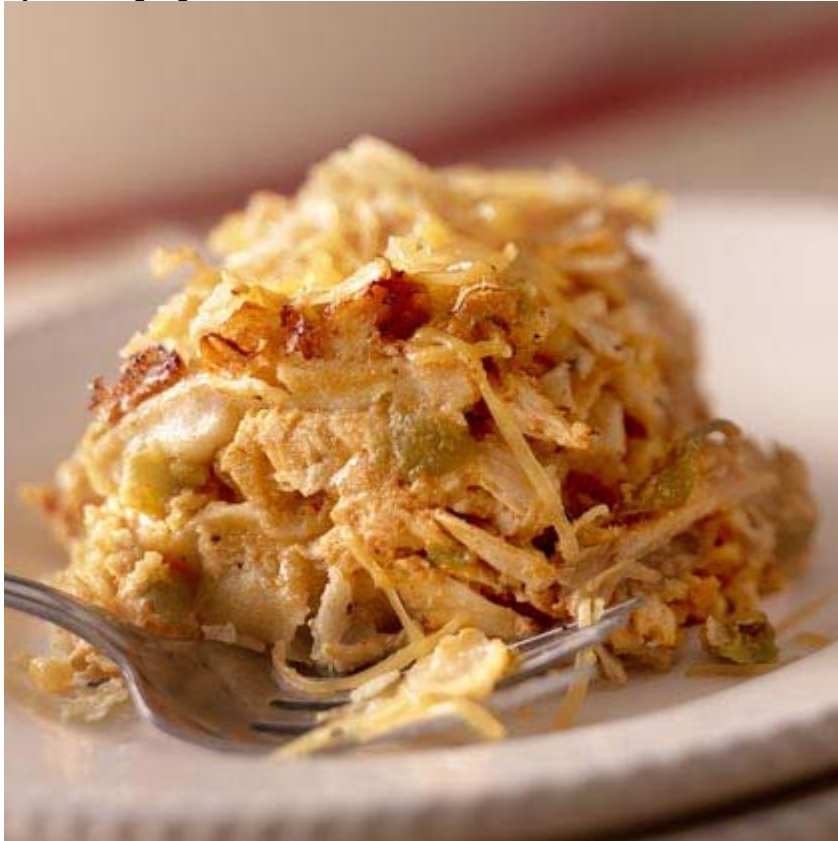


# MEXICAN CHICKEN CASSEROLE

By: Cooking Light



1	cup	fat-free, less-sodium chicken broth
2	(4.5-ounce)	cans chopped green chiles, divided
1 3/4	pounds	skinned, boned chicken breasts
2	teaspoons	olive oil
1	cup	chopped onion
1	cup	evaporated skim milk
1	cup (4 ounces)	shredded monterey jack cheese
1/4	cup (2 ounces)	tub-style light cream cheese
1	(10-ounce)	can enchilada sauce
12	(6-inch)	corn tortillas
		cooking spray
1/2	cup (2 ounces)	reduced-fat extra-sharp cheddar; shredded
1	ounce	tortilla chips, crushed; (about 6 chips)

Combine broth and 1 can of chiles in a large skillet; bring to a boil. Add chicken; reduce heat, and simmer 15 minutes or until chicken is done, turning chicken once. Remove chicken from cooking liquid, reserving cooking liquid; cool chicken. Shred meat with two forks, and set aside.

Preheat oven to 350°.

Heat oil in a large nonstick skillet over medium-high heat. Add 1 can of chiles and onion; sauté 3 minutes or until soft. Add reserved cooking liquid, milk, Monterey Jack, cream cheese, and enchilada sauce; stir well. Stir in shredded chicken; cook 2 minutes. Remove from heat.

Place 4 tortillas in the bottom of a 2-quart casserole coated with cooking spray. Spoon 2 cups chicken mixture over tortillas. Repeat layers twice, ending with chicken mixture. Sprinkle with cheddar cheese and chips. Bake

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at 350° for 30 minutes or until thoroughly heated. Let stand 10 minutes before serving.

CALORIES 369 (28% from fat); FAT 11.4g (sat 5g,mono 3.8g,poly 1.4g); IRON 2.4mg; CHOLESTEROL 79mg; CALCIUM 360mg; CARBOHYDRATE 31.3g; SODIUM 479mg; PROTEIN 35.6g; FIBER 3g

Yield: 8 servings