



WHATSheATE



Tortilla Chip Casserole

READY IN



60 min.

SERVINGS



6

CALORIES



356 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 4 ounces baked tortilla chips crushed
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 cup black beans organic canned rinsed drained
- ☐ 1 tablespoon canola oil
- ☐ 0.5 cup chicken stock see unsalted
- ☐ 3 cups chicken breast strips/pre-cooked/chopped cooked chopped
- ☐ 2 tablespoons flour all-purpose
- ☐ 1 tablespoon garlic fresh minced
- ☐ 2 tablespoons spring onion chopped

- ☐ 0.5 teaspoon ground coriander
- ☐ 1 teaspoon ground cumin
- ☐ 0.3 teaspoon kosher salt
- ☐ 1 cup milk 2% reduced-fat
- ☐ 8 ounces soy sauce green (such as Frontera)
- ☐ 0.7 cup monterrey jack cheese shredded
- ☐ 0.5 cup onion chopped
- ☐ 1 roasted peppers red chopped

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ baking pan
- ☐ broiler

Directions

- ☐ Preheat oven to 35
- ☐ Heat oil in a saucepan over medium heat.
- ☐ Add onion; cook 6 minutes.
- ☐ Add garlic and flour; cook 2 minutes. Gradually add milk and stock, stirring constantly; bring to a boil.
- ☐ Remove from heat; stir in cumin, coriander, salt, pepper, and cream cheese.
- ☐ Spread 1/2 cup milk mixture over bottom of a broiler-safe 11 x 7-inch baking dish.
- ☐ Layer beans, 1 1/2 cups chicken, and 2 ounces chips. Top with 1/2 cup milk mixture.
- ☐ Layer 1 1/2 cups chicken, bell pepper, and 2 ounces chips; top with 1 cup milk mixture and enchilada sauce.
- ☐ Sprinkle with shredded cheese.

- ☐ Bake at 350 for 30 minutes.
- ☐ Sprinkle with green onions.
- ☐ If you like wild rice, try Chicken and Wild Rice Casserole: Prepare Tortilla Chip Casserole through step 2, omitting milk, cumin, and coriander from sauce, and increasing onion to 1 cup and stock to 1 1/2 cups. Cook 2 slices chopped bacon in a skillet over medium heat.
- ☐ Remove bacon.
- ☐ Add 1 (8-ounce) container sliced button mushrooms to drippings in pan; cook 5 minutes.
- ☐ Add 2 teaspoons canola oil to pan; swirl to coat.
- ☐ Add 1 cup chopped leek, 1/2 cup chopped celery, and 1/2 cup chopped carrot; cook 5 minutes, stirring occasionally. Stir in 1/4 cup dry sherry; bring to a boil. Cook 3 minutes or until liquid evaporates.
- ☐ Add leek mixture, 4 cups chopped cooked chicken breast, 3 cups cooked brown and wild rice blend, 1/3 cup chopped fresh flat-leaf parsley, 1/2 teaspoon salt, and 1/2 teaspoon black pepper to sauce; toss to combine. Scrape mixture into an 11 x 7-inch baking dish. Toss 1 1/4 cups fresh breadcrumbs with 2 tablespoons melted butter; sprinkle over casserole.
- ☐ Bake at 350 for 25 minutes.
- ☐ Serves 6 Calories 475; Fat 9g (sat 6g); Sodium 535mg
- ☐ If you like poppy seeds try Poppy Seed Chicken: Prepare Tortilla Chip Casserole through step 2, omitting milk, cream cheese, cumin, and coriander from sauce.
- ☐ Add 1/4 cup finely chopped celery to the pan with the onion. Increase the chicken stock to 1 cup, and combine it with 1/2 cup half-and-half for the sauce.
- ☐ Remove from heat, and stir in 2 cups chopped cooked chicken breast, 1 tablespoon chopped fresh flat-leaf parsley, 1 1/2 teaspoons poppy seeds, 1 teaspoon Worcestershire sauce, 1/4 teaspoon kosher salt, and 1/4 teaspoon black pepper. Scrape the mixture into an 11 x 7-inch glass or ceramic baking dish.
- ☐ Combine 1 cup fresh breadcrumbs, 1/4 cup sliced almonds, and 2 tablespoons melted butter in a bowl, and toss to combine.
- ☐ Sprinkle breadcrumb mixture over top of casserole, and bake at 350 for 30 minutes.
- ☐ Serves 6 Calories 235; Fat 7g (sat 8g); Sodium 288mg

Nutrition Facts



 PROTEIN **39.01%**  FAT **28.26%**  CARBS **32.73%**

Properties

Glycemic Index:38, Glycemic Load:1.85, Inflammation Score:-6, Nutrition Score:17.137391577596%

Flavonoids

Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.94mg, Quercetin: 2.94mg, Quercetin: 2.94mg, Quercetin: 2.94mg

Nutrients (% of daily need)

Calories: 356.02kcal (17.8%), Fat: 11.1g (17.08%), Saturated Fat: 4.05g (25.33%), Carbohydrates: 28.93g (9.64%), Net Carbohydrates: 25.12g (9.13%), Sugar: 3.32g (3.69%), Cholesterol: 74.42mg (24.81%), Sodium: 1907.35mg (82.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.48g (68.97%), Vitamin B3: 10.89mg (54.43%), Phosphorus: 423.8mg (42.38%), Selenium: 27.29µg (38.99%), Vitamin B6: 0.61mg (30.74%), Vitamin B2: 0.42mg (24.66%), Magnesium: 88.47mg (22.12%), Calcium: 217.93mg (21.79%), Manganese: 0.34mg (17.03%), Potassium: 589.4mg (16.84%), Fiber: 3.82g (15.27%), Iron: 2.73mg (15.16%), Zinc: 2.06mg (13.76%), Folate: 54.63µg (13.66%), Vitamin B1: 0.2mg (13.58%), Vitamin B5: 1.06mg (10.56%), Vitamin B12: 0.55µg (9.18%), Copper: 0.17mg (8.7%), Vitamin C: 5.64mg (6.83%), Vitamin E: 0.98mg (6.51%), Vitamin K: 6.72µg (6.4%), Vitamin A: 229.86IU (4.6%)