

Turkey Taco Casserole

Makes 8 servings.

1 1/2 pounds lean ground turkey
24 ounces refried beans
12 ounces chopped green chiles
1 1/2 cups fire roasted diced tomatoes, drained
1 1/2 tablespoons chili powder
1 tablespoon cumin
1 1/4 teaspoons salt
1/4 teaspoon ground cayenne pepper
5 flour tortillas, cut into 1" strips
3/4 cup salsa
2 1/2 cups shredded, reduced fat Mexican blend cheese
extra salsa for serving
sour cream for serving
sliced avocado for serving

Spray a 9 x 13-inch baking pan with cooking spray. Set aside. Preheat oven to 375 degrees.

Spray a large skillet with cooking spray and place over medium-high heat. Once hot, add the ground turkey. Brown turkey, breaking up the bits and pieces with a spatula. When turkey has browned (but hasn't quite cooked all the way through yet), add the chili powder, cumin, salt and cayenne pepper. Mix well.

Add half of the green chilies to the turkey, along with the fire-roasted, diced tomatoes. Stir well and continue to cook until the turkey is completely done. Remove pan from the heat.

Spread a thin layer of ground turkey over the bottom of the casserole pan. Top with a layer of refried beans, more green chilies, a heavy sprinkle of cheese and about 6 of the tortilla strips. Repeat this process three times until all of the ground turkey has been used. After laying on the last tortilla strips, spread the salsa over the top along with the remaining cheese.

Place in the preheated oven for 30-35 minutes. Cheese will be melted and bubbling.

When the casserole comes out of the oven, let it sit for 15-20 minutes before slicing.

Serve with sour cream, extra salsa, sliced avocado and hot sauce if desired.

Use 4-5 large tortillas. Cut each tortilla into about 5 strips.

Dinner, Home Cooking

Per serving (excluding unknown items): 187.1 Calories; 3.0g Fat (13.9% calories from fat); 8.4g Protein; 33.1g Carbohydrate; 0mg Cholesterol; 879mg Sodium. Exchanges: 2 Grain(Starch); 1 Vegetable; 1/2 Fat.