

Chicken Tortilla Casserole

Yield 4 Servings

Ingredients

| | |
|-----------|--------------------------------------|
| 10 ounces | cream of mushroom soup (1 can) |
| 1 cup | milk, 1% |
| 1 1/2 cup | chicken, boneless (cut in pieces) |
| 4 ounces | chopped green chiles, canned (1 can) |
| 6 | corn tortillas (cut into strips) |
| 1 cup | cheddar cheese, low-fat, shredded |

Instructions

1. Mix mushroom soup, milk, chicken, and green chile peppers.
2. Pour 1/3 of the soup mixture into the bottom of a 2-quart baking dish that has been coated with oil or cooking spray
3. Layer half the tortilla strips.
4. Spread 1/3 of the soup mixture on top of the tortillas.
5. Sprinkle on half the cheese.
6. Repeat layers of tortilla strips and soup mix and end with cheese.
7. Baked at 350°F for 1 hour.

Cost

Per recipe: \$6.45
 Per serving: \$1.61

Source

ONIE Project - Oklahoma Nutrition Information and Education. [Simple Healthy Recipes](#).

| Nutrition Facts | |
|--|---------------------------|
| Serving Size 1/4 of recipe (277g) | |
| Servings Per Container 4 | |
| Amount Per Serving | |
| Calories 300 | Calories from Fat 100 |
| % Daily Value* | |
| Total Fat 11g | 17% |
| Saturated Fat 4g | 20% |
| Trans Fat 0g | |
| Cholesterol 60mg | 20% |
| Sodium 380mg | 16% |
| Total Carbohydrate 24g | 8% |
| Dietary Fiber 3g | 12% |
| Sugars 5g | |
| Protein 26g | |
| Vitamin A 4% | • Vitamin C 10% |
| Calcium 25% | • Iron 8% |
| *Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs: | |
| | Calories: 2,000 2,500 |
| Total Fat | Less than 65g 80g |
| Saturated Fat | Less than 20g 25g |
| Cholesterol | Less than 300mg 300mg |
| Sodium | Less than 2,400mg 2,400mg |
| Total Carbohydrate | 300g 375g |
| Dietary Fiber | 25g 30g |
| Calories per gram: | |
| Fat 9 • Carbohydrate 4 • Protein 4 | |