

Chipotle Chicken and Corn Tamale Pie

(Makes 8 servings)

Ingredients:

Cornmeal Crust:

- Olive oil cooking spray
- 5 ¼ cups fat-free, reduced-sodium chicken broth
- 2 ¼ cups stone-ground yellow cornmeal
- 1 teaspoon ground cumin
- ½ teaspoon kosher salt, optional
- ¼ teaspoon cayenne



Filling:

- Olive oil cooking spray
- 1 ½ pound boneless, skinless chicken breasts, trimmed of all fat and cut into 1-inch cubes
- 1 cup fresh or thawed frozen corn kernels
- 1 medium onion, chopped
- 2 garlic cloves, minced
- 1 medium tomato, seeded and chopped
- 2 medium tomatillos, husked and chopped
- 2 canned chipotle chiles in adobo sauce, chopped, plus 1 tablespoon sauce
- 2 tablespoons golden raisins, plumped in 2 tablespoons dry white wine or water
- 1 tablespoon chili powder
- ½ teaspoon ground cumin
- 1 teaspoon dried oregano
- ¼ cup shredded reduced-fat Monterey Jack cheese

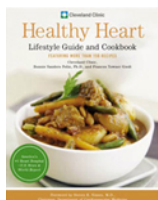
Directions:

- 1) Preheat the oven to 450 degrees F.
- 2) Coat a 10-inch round casserole that's at least 2 inches deep with cooking spray.
- 3) To make the crust, bring the broth to a boil in a large saucepan over medium-high heat. Gradually stir in the cornmeal, cumin, salt (if using), and cayenne. Reduce the heat to medium and cook, stirring constantly, until thickened, 10 to 12 minutes. Immediately spread the mixture to a depth of about ½ inch over the bottom and sides of the prepared casserole. Press firmly with the back of a spoon. Set aside.
- 4) To make the filling, lightly coat a large nonstick skillet with cooking spray. Place over medium-high heat. Add the chicken and sauté until brown on all sides, about 5 minutes. Add the corn, onion, garlic, tomato, tomatillos, chipotles and their sauce, raisins with their liquid, chili powder, cumin, oregano, and cheese. Stir until well blended.
- 5) Spoon the mixture into the prepared casserole. Bake, uncovered, for 25 to 30 minutes, until the edges of the crust are golden brown and the filling is bubbly. Remove from the oven and let stand on wire rack for 10 minutes before cutting into wedges to serve.

Nutritional Analysis: (per serving)

- Calories: 310
- Fat: 5 grams
- Saturated Fat: 1.5 grams
- Sodium: 410 mg
- Protein: 30 gram
- Carbohydrate: 36 grams
- Dietary fiber: 4 gram

Source:



This heart-healthy recipe and more than 150 others are available from the nation's #1 heart center in the "Cleveland Clinic Healthy Heart Lifestyle Guide and Cookbook" (© 2007 Broadway Books).

The cookbook is available in bookstores or online from Randomhouse.com, BN.com or Amazon.com.