

CINCO DE MAYO CORNBREAD CASSEROLE

Gluten Free, Higher Fiber, Lower Saturated Fat, Lower Sodium

Serves: 8 (Serving = 1/8 of dish)

Nutrition (per serving)

Calories: 328

Total Fat: 11 g

Saturated Fat: 3 g

Sodium: 430 mg

Total Carbohydrate: 40 g

Dietary Fiber: 6 g

Total Sugars: 11 g

Protein: 18 g



Ingredients

- 1 Tablespoon canola oil
- 1 medium bell pepper, chopped
- 1 medium onion, chopped
- 1 pound 93% lean ground turkey
- 3 small tomatoes, diced
- 1-15 ounce can no salt added corn, drained
- 1-15 ounce can no salt added chili beans in chili sauce (use gluten free for GF version)

- 1 Tablespoon chili powder
- 1 teaspoon garlic powder
- 1 teaspoon ground cumin
- ¼ teaspoon salt
- 1-8.5 ounce box corn muffin mix, prepared (using 1/3 cup skim milk and large egg) - use gluten free for GF version



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Directions

1. Preheat oven to 375 degrees Fahrenheit.
2. In a large skillet over medium high heat, sauté pepper, onion and ground turkey for 5-7 minutes or until no longer pink. Drain liquid carefully from pan.
3. Add tomatoes, corn, beans with chili sauce and seasonings. Cook an additional 5-7 minutes.
4. Pour into 9 x 13" baking dish. Using a $\frac{1}{4}$ cup measuring cup, drop corn muffin mix on top in 8 evenly divided spots.
5. Bake for 15 minutes.