

Chicken Tamale Casserole

Yield
8 servings

By **RISË MINTON, SMYRNA, GA** November 2008
COOKING LIGHT

This Chicken Tamale casserole is a quick and easy swap for more traditional tamales – but just as delicious!

"I came up with this Mexican dish to satisfy my cravings for the tamales I had at Mexican restaurants when I was growing up in Houston. Homemade tamale recipes are too time-consuming to prepare for weeknight meals, but I discovered a corn bread mix approximates the flavor." —Risë Minton, Smyrna, GA

Ingredients

- 1 cup (4 ounces) preshredded 4-cheese Mexican blend cheese, divided
- 1/3 cup fat-free milk
- 1/4 cup egg substitute
- 1 teaspoon ground cumin
- 1/8 teaspoon ground red pepper
- 1 (14 3/4-ounce) can cream-style corn
- 1 (8.5-ounce) box corn muffin mix (such as Martha White)
- 1 (4-ounce) can chopped green chiles, drained
- Cooking spray
- 1 (10-ounce) can red enchilada sauce (such as Old El Paso)
- 2 cups shredded cooked chicken breast
- 1/2 cup fat-free sour cream

Nutritional Information

- Calories 354, • Caloriesfromfat 36%, • Fat 14.1g, • Satfat 7.1g, • Monofat 3.3g, • Polyfat 1.2g, • Protein 18.9g, • Carbohydrate 36.3g, • Fiber 2.5g, • Cholesterol 58mg, • Iron 1.7mg, • Sodium 620mg, • Calcium 179mg.

How to Make It

- Step 1** Preheat oven to 400°.
- Step 2** Combine 1/4 cup cheese and next 7 ingredients (through chiles) in a large bowl, stirring just until moist. Pour mixture into a 13 x 9–inch baking dish coated with cooking spray.
- Step 3** Bake at 400° for 15 minutes or until set. Pierce entire surface liberally with a fork; pour enchilada sauce over top. Top with chicken; sprinkle with remaining 3/4 cup cheese. Bake at 400° for 15 minutes or until cheese melts. Remove from oven; let stand 5 minutes. Cut into 8 pieces; top each serving with 1 tablespoon sour cream.

MadMom's Review

spunchkin
July 23, 2014

I've made this several time and it's become a family favorite. Instead of chicken, I have used ground beef or ground turkey with good results. I have also used chile verde salsa instead of the enchilada sauce. While I like Jiffy Mix it's too sweet for this recipe so I use Martha White.

steponme's Review

klam13

November 19, 2012

I've made this recipe a few times. Followed recipe 1st time I made it & found it too sweet using the box corn bread mix. The next time I made my own dry self rising corn bread mix (found on the web) I added 1 tablespoon of sugar and 1 tablespoon of canola oil and followed the rest of the recipe instr. I also mixed the chicken with the enchilada sauce b4 putting it on the corn bread. In addition to the cheese, I also added black olives and chopped green onion. With my modifications, this is a great casserole ;)

Ltheisen's Review

littlepiggy

March 06, 2013

This is easy to make and tasty. I like it spicy so I doubled the cumin and put in a teaspoon of the red pepper. I saw the suggestion of the black beans and added them as a layer. It made the dish very filling. I will make it again. I think another can of green chilies as a layer would give a bit of heat as well. I used eggs as well vs the substitute

colbob's Review

texasaggieRD

November 18, 2012

Rare for me to rate any CL recipe as less than four, maybe once in a blue moon a three. I just wasn't WOWed by this one. I read some of the reviews and made some changes to the original recipe - included a can of drained/rinsed black beans that I mixed together with the enchilada sauce and chicken. I made homemade enchilada sauce but 10 oz didn't seem adequate so I almost doubled the amount. I don't care for creamed-style corn, so I added frozen corn instead. I think that the recipe was decent, but I added salsa and greek yogurt (instead of sour cream). The bread was drier than I would have liked. Maybe that had something to do with omitting the creamed-style corn? I don't know exactly what I'd do to make me like the recipe more. Have to think on it. but I'd be willing to try it again.

AshNJo's Review

haileej88

May 06, 2014

I've made this twice now. I've made a few adjustments to give it a little more flavor and tone down the sweetness of the corn muffin mix. Instead of 1 tsp cumin and 1/8 tsp red pepper, I use 1/2 tsp cumin, 1/2 tsp cayenne, and 1/2 tsp chili powder (this might be too much for some, but we like things spicy). While waiting for the base to cook, I dice up some onions and jalapenos and saute them. Then I spice the chicken. I use cayenne, garlic powder, adobo seasoning, whatever I have on hand that sounds good. Mix up the chicken and the onions and jalapenos, then proceed as directed. Next time I will try pouring some enchilada sauce over the chicken as well, as it's a bit dry otherwise.

MikeByerly's Review

FinsUp79

February 15, 2014

This recipe is even better if you spread refried beans in the casserole and top with the cornmeals mixture. Also, before putting the chicken on top with the cheese, mix the shredded chicken with taco seasoning and 3/4 cup of water.

Good and tasty, but next time I'll make adjustments

steponme

September 26, 2015

This was pretty good and luckily my husband said it was tasty. I'm quite sure I will make it again, but we both agree some changes would make it more appealing for us. For instance, I'd put the chicken in the pan first and the corn bread mix on top so it wouldn't be as mushy. Plus I may add about a 1/2 c of crushed tortilla chips. Other adjustments/additions I did was using 2 egg whites instead of the egg substitute, I added about a 1/2 t. chili powder, 1 jalapeno, and some jarred roasted red peppers (both to the bread mix and to the chicken). Plus I used green enchilada sauce since that's what I had in the pantry and about doubled the cheese (although probably not good as I am trying to reduce my calorie intake~but it makes it more appealing to my husband!

Great with a few adjustments

psyfhlower

July 11, 2017

I make this regularly, but with some adjustments. I use an egg in place of the egg substitute. I only put half of the enchilada sauce on top of the corn bread, and then I rinse and drain a can of pinto beans, and mix it

with the chicken and the other half of the enchilada sauce. That gives it a little more protein and flavor, and keeps the chicken from getting too dry. Depending on who is eating with us that night, I change to a more spicy enchilada sauce, and/or chopped up one or more chipotle pepper (in adobo sauce), and add that to the chicken. I always add a little chili powder (whichever is your favorite) in with the cornbread mix.

AmberMJ's Review

kwienken

March 01, 2012

I followed the recipe exactly and have to admit, it wasn't too great. I think the next time I will add more chicken and cook the corn mix for longer than the 15 minutes. The ending product was very soggy for my liking but the recipe has potential.

dgitlin612's Review

AnnieF

April 17, 2009

This was edible, but too sweet! I think I might try it again with mexicorn instead of creamed corn and some kind of corn bread made from scratch with less sugar. Also, there was not enough spice. I did saute some onions and add them, but I think this just added to the sweetness.

