**Chicken Enchilada Casserole**

 Prep Time10 minutes

 Cook Time35 minutes

 Total Time45 minutes

 Servings servings

**INGREDIENTS**

* 8 small tortillas cut into halves, corn or flour
* 2 cups of cooked shredded chicken breast
* 2 cups of shredded Monterey Jack cheese
* 1 15-ounce can of pinto beans rinsed and drained
* 2 cups red enchilada sauce
* cooking spray
* optional garnishes: olives, sour cream, red onions, cilantro, green onions, avocado, tomato

**INSTRUCTIONS**

* Preheat the oven to 350 degrees. Coat an 8 or 9 inch square baking pan or 2 quart baking dish with cooking spray.
* Spread 1/4 cup of sauce over the bottom of the baking dish. Layer 4 halves of tortilla over the sauce so that the bottom of the pan is covered.
* Layer 1/3 of the chicken, 1/3 of the beans, 1/2 cup of the cheese and 1/3 cup of enchilada sauce over the tortillas.
* Place a second layer of tortillas on top and layer 1/3 of the chicken, 1/3 of the beans, 1/2 cup of the cheese and 1/3 cup enchilada sauce over the tortillas.
* Repeat this process one more time for the third layer. Place the remaining tortilla halves over the top and spread the remaining enchilada sauce over the tortillas.
* Sprinkle the remaining 1/2 cup cheese over the top.
* Cover with foil that's been sprayed with cooking spray and bake for 30 minutes. Uncover and bake for an additional 5-10 minutes or until cheese is melted and browned.
* Let sit for 5 minutes to firm up, then top with garnishes and serve.

**Beans:** used black and white beans

**Tortillas:** This recipe works well with both corn and flour tortillas

Cheese: Monterey Jack cheese, but other great options are cheddar,

Additions: corn, green chiles, diced bell pepper or sauteed onions.

Toppings: avocado, olives, red onion, cilantro, tomatoes, sour cream or green chiles.

**NUTRITION**

Calories: 349kcal | Carbohydrates: 31g | Protein: 23g | Fat: 15g | Saturated Fat: 7g | Cholesterol: 33mg | Sodium: 826mg | Fiber: 7g | Sugar: 3g

***Downeast Clam Dip***

A welcome break from onion dip, serve this fantastic dip with pita chips, celery or our favorite, pumpernickel pretzel sticks.

**Serves: 10**

**Active time: 20 minutes**

**Total time: 20 minutes**

* 2 (6.5 ounce) cans [Bar Harbor® Chopped Clams](http://www.barharborfoods.com/seafood-meats.php)
* 1 (8 ounce) package cream cheese, softened
* 2 Tablespoons sour cream
* 1 Tablespoon bottled horseradish
* 1 Tablespoon fresh lemon juice
* 1 teaspoon Worcestershire sauce
* 1 teaspoon Tabasco sauce, more to taste
* 1/4 teaspoon ground black pepper
* 1/4 teaspoon kosher salt
* 1/3 cup finely chopped red bell pepper
* 3 scallions, chopped fine

**Directions:**

1. Drain the clams reserving 2 Tablespoons of clam juice. Set aside.
2. Blend the cream cheese in a mixer or by hand until smooth.
3. Add the sour cream, horseradish, lemon juice, Worcestershire, Tabasco, black pepper, salt and reserved clam juice. Mix until well blended.
4. Add the drained clams, red bell pepper and scallions. Mix well.
5. Dip can be made on day ahead of time, covered and refrigerated until needed.

**The Best Clam Dip Recipe EVER**

This is my family's signature dip recipe and will make everyone a fan of clams in cream cheese whether they think they like it or not!

**Servings** [1](https://www.foodiecrush.com/best-clam-dip-recipe/) 1/2 cups dip

**Ingredients**

* 1 8- ounce package cream cheese at room temperature
* 1 6.5- ounce can of minced clams drained and juice reserved
* 2 green onions white and green parts, finely chopped
* 1/2 lemon juiced
* 1 teaspoon Worcestershire sauce
* Tabasco sauce to taste

**Instructions**

1. In a medium sized bowl, mash softened cream cheese with a fork until soft and creamy. Slowly add in 1 tablespoon of clam juice while mixing with fork and cream well. Add lemon juice and Worcestershire sauce.
2. Add green onion and clams to mixture. Add a few dashes of Tabasco to taste. If mixture seems thick, add remaining clam juice in one tablespoon increments to desired consistency. Serve with potato chips or refrigerate for up to 2 days.

Mayo, chopped parsley, minced fresh garlic, fresh horseradish

Make night before