



## King Ranch Chicken Casserole

**Prep: 25 minutes plus standing**

**Bake: 40 minutes • Serves: 8**

- Nonstick cooking spray
- 1½ tablespoons unsalted butter
- 1 small onion, chopped (about 1 cup)
- 1 green bell pepper, chopped (about 1¼ cups)
- 1 large garlic clove, crushed with press
- 1 teaspoon chili powder
- 1 teaspoon ground coriander
- 1 teaspoon ground oregano
- 1 can (10¾ ounces) condensed cream of chicken soup
- 1 jar (16 ounces) **Chi Chi's Mild or Medium Thick & Chunky Salsa**
- ½ cup whole milk
- 1 whole roasted chicken, skin removed and meat shredded (about 4 cups)
- 1½ cups sour cream plus additional for serving (optional)
- 2 tablespoons fresh lime juice
- 6 cups **Chi Chi's White Corn Tortilla Chips** (about 7 ounces)
- 1 package (8 ounces) sharp white Cheddar cheese, shredded (2 cups)
- Chopped green onions for serving (optional)

**1.** Preheat oven to 350°. Spray 13 x 9-inch glass or ceramic baking dish with nonstick cooking spray.

**2.** Melt butter in large nonstick skillet over medium heat. Add onion and cook 5 to 6 minutes or until soft, stirring occasionally. Add bell pepper and garlic and cook 4 to 5 minutes or until onion and bell pepper are tender, stirring occasionally. Stir in chili powder, coriander and oregano and cook 1 minute. Add soup, salsa and milk; increase heat to medium-high and cook 3 to 4 minutes or until slightly thickened, stirring occasionally. Remove from heat.

**3.** In medium bowl, combine chicken, sour cream, lime juice and onion-salsa mixture. Makes about 6 cups.

**4.** Layer 3 cups tortilla chips in single layer in bottom of prepared dish. Spoon about 3 cups chicken mixture evenly over chips and sprinkle with 1 cup cheese. Repeat layers of tortilla chips, chicken mixture and cheese. Cover loosely with aluminum foil.

**5.** Bake casserole 25 minutes. Remove foil and bake 15 to 20 minutes longer or until edges bubble and top is lightly browned. Let stand 10 minutes before serving. Sprinkle with green onions and top with a dollop of sour cream, if desired, to serve.

*Approximate nutritional values per serving:  
488 Calories, 30g Fat (19g Saturated),  
73mg Cholesterol, 412mg Sodium,  
23g Carbohydrates, 2g Fiber, 29g Protein*

### Dietitian's Dish

- > Use 2% milk in place of whole milk and baked tortilla chips to cut fat and calories.