



Recipe of the Month - January 2018

Tamale Pie

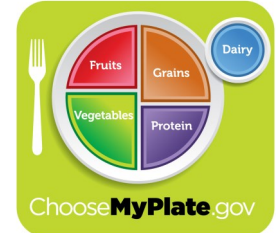
Serves 6

Serving Size: 1 slice

Cost per Serving: \$0.97

Ingredients:

- 1 cup onion, chopped (*1 medium onion*)
- 1 cup bell pepper, chopped (*1 medium bell pepper*)
- 1/2 pound lean ground beef
- 1/2 cup salsa
- 1 package (8.5 ounces) corn muffin mix
- 1/3 cup plain Greek yogurt or light sour cream
- 1 can (4.25 ounces) diced green chilies, undrained
- 1 egg
- Optional: 1/2 cup shredded cheddar cheese



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Directions:

1. Preheat oven to 350°F.
2. Heat a skillet over medium heat. Spray with nonstick cooking spray. Cook onion, bell pepper, and ground beef until beef is cooked through, about 6 minutes. Stir in salsa. Stir in cheese, if desired.
3. Spray an 8-inch pie plate with nonstick cooking spray. Spread the meat and vegetable mixture on the bottom of the plate.
4. Mix corn muffin mix, yogurt or sour cream, green chilies, and egg until combined. Spread on top of the meat and vegetable mixture.
5. Bake until corn muffin topping is golden brown and set, about 30 minutes.

NUTRITION FACTS PER SERVING: 270 calories, 9g total fat (2.5 g sat. fat), 60mg cholesterol, 600mg sodium, 33g carbohydrates, 1g fiber, 11g sugar, 14g protein

*Recipe compliments of Iowa State University Extension:
Healthy & Homemade Meals 2018 Nutrition & Fitness Calendar*