



Low Fat Tamale Pie

Ingredients

2 tsp canola oil
1 medium onion
1 large green pepper
1 lb. extra-lean ground beef
1 Tbsp chili powder
1 16-oz. can corn
1 28-oz. can crushed tomatoes
1 4-oz. can jalapenos
1 4-oz. can sliced olives
1 ½ cups cornmeal
1 tsp salt
1 quart fat-free milk
½ cup reduced fat shredded cheese

Nutrition Facts (per serving)

Calories	369
Fat (g)	8
Saturated Fat (g)	3
Cholesterol (mg)	42
Sodium (mg)	664
Carbohydrate (g)	50
Fiber (g)	7
Protein (g)	24
Calcium (mg)	-

Preparation

Preheat oven to 400 degrees.

Sauté onion, and pepper in a large skillet over medium heat, crumble beef and cook until no longer pink. Add chili powder, corn, tomatoes, jalapenos and olives. Simmer for 20 minutes.

Transfer to an 11 by 7 baking dish.

Meanwhile, combine cornmeal, salt and milk in a 2 quart saucepan. Heat on medium and until thickened, stirring almost continuously. Spread cornmeal over top of meat and vegetables. Sprinkle with cheese. Place in oven and bake for 20-25 minutes, until top is golden.

Serves 8

