

Tamale Pie with Pork

Serves 4-6

- 1 ½ cups water
- ⅔ cup yellow corn meal
- ⅔ cup salsa
- 1 (15-ounce) can kidney, black or pinto beans, drained and rinsed
- ½ can pork, cubed or shredded (leftover chicken or beef may also be used)
- ½ cup low-fat cheddar cheese (Monterey Jack or cheddar), shredded



1. Bring water to a boil. Slowly whisk in cornmeal. Stir in salsa and simmer 10-15 minutes, stirring occasionally until thick.



2. Pour half the corn mixture into a 9-inch pan that has been sprayed with nonstick cooking spray.

3. Spread beans over the top. Add pork. Cover with remaining cornmeal mixture.

4. Sprinkle cheese on top. Bake in preheated 350°F oven for about 15 minutes or until it is heated through.



Nutrition information: calories 310, fat 13g, saturated fat 5g, sodium 630mg, carbohydrates 29g, fiber 6g, protein 21g



Health Hint

When using canned pork, it's wise to scrape or skim the fat off of the pork. It's also possible to cook the pork for a few minutes in a skillet then rinse it to remove the extra fat which contributes extra calories and sometimes an unfavorable flavor.

Don't like canned meats? Try cooking them with stronger flavors like chili powder and cayenne and add texture with vegetables and beans to yield a flavorful meal.

