

Tamale Pie

Nutrition information on back.



Tamale Pie

- Vegetable cooking spray
- 2 (15-oz.) cans unsalted pinto beans
- 2 medium zucchini, cut into $\frac{3}{4}$ -inch chunks
- 1 (14-oz.) can roasted and diced tomatoes with mild green chiles
- 1 cup frozen sweet corn
- 1 cup frozen lima beans
- 1 cup (medium hot) salsa
- 1 tsp. chili powder
- $\frac{1}{2}$ tsp. cumin
- $\frac{1}{2}$ tsp. oregano
- 2 Tbsp. fresh cilantro, chopped
- 1 store bought refrigerated whole-wheat pie crust (8-9 inch)
- 1 cup reduced-fat, shredded cheddar cheese

Fold or cut here to fit in recipe box.



Preheat oven to 400 degrees. Spray shallow 2½ quart baking dish with cooking spray. In 5-quart saucepan, stir together beans, zucchini, tomatoes, corn, lima beans, salsa and herbs. Bring to boil. Reduce heat, cover and simmer 10 minutes. Spoon into baking dish. Place rolled out piecrust on top. Bake about 25 minutes or until bubbly at the edges. Sprinkle with cheese and bake 3 additional minutes or until cheese is fully melted. Let stand 10 minutes and serve. Makes 6 servings.

Nutritional information per serving

380 calories, 10 g total fat (2.5 g saturated fat), 53 g carbohydrate, 16 g protein, 11 g dietary fiber, 470 mg sodium.