

Chili Beef and Corn Casserole

Nonstick cooking spray
12 oz 96% extra lean ground beef
2 teaspoons chili powder
1 1/2 teaspoons ground cumin
1/4 cup salsa
2 cups frozen corn, thawed
1 cup packed chopped collard greens
(about 1/2 inch pieces)
1/2 cup fat free sour cream
1/4 cup shredded reduced fat
sharp cheddar cheese

Preheat oven to 350°F. Coat a 12-inch nonstick skillet with cooking spray and place over medium heat. Add beef; cook and stir until no longer pink. Add chili powder, cumin and salsa; cook and stir one minute and remove from heat. Coat an 8 x 8 x 2-inch baking pan with cooking spray. Place corn and collards in bottom of pan and toss to blend. Spoon beef mixture evenly over all, cover tightly with foil and bake 25 minutes or until collards are tender. Top each serving with 2 tablespoons of fat free sour cream and 1 tablespoon shredded cheese. Makes 4 servings.

Nutrition information per serving: 240 calories; 25 grams protein; 5 grams fat; 25 grams carbohydrate; 249 mg sodium