

Taco Pie

- 1 lb of lean ground turkey
- 1 pkt. taco seasoning
- 1 can corn
- 1 can diced stewed tomatoes
- 1 box Jiffy Mix® corn muffins
- 1 cup cheddar cheese, shredded

Brown ground beef. Drain in colander; rinse under warm water to remove additional fat. Wipe skillet with paper towel to remove remaining fat. Place rinsed beef back in skillet; add taco seasoning, corn and tomatoes. Stir and cook for 3 minutes. Prepare corn muffin mix as directed on package. Spray a casserole dish with pan spray. Layer the ground beef mixture on the bottom, top with shredded cheddar and cover with the corn muffin mixture. Bake at 400°F for 15-20 minutes. Makes 8 servings.

Nutrition Information Per Serving: 350 Calories; 18 grams Protein; 12 grams Fat; 40 grams Carbohydrates; 970 mg Sodium.