

## Tamale Pie

2 tsp. canola oil  
1 medium onion  
1 large green pepper  
1 pound extra-lean ground beef  
1 tbsp. chili powder  
1 16-oz can corn  
1 28-oz can jalapenos  
1 4-oz can sliced olives  
1 ½ cups corn meal  
1 tsp. salt  
4 cups fat free milk  
½ cup 2% milk shredded cheddar cheese

Preheat oven to 400 degrees F. Use a large skillet to sauté onion and pepper with canola oil over medium heat. Crumble beef and cook until done. Add chili powder, corn, tomatoes, jalapenos and olives. Simmer for 20 minutes. Transfer to baking dish (11 x 7).

Combine cornmeal, salt and milk in a 2 quart saucepan. Stir consistently on medium heat until thickened. Spread mixture over the top of the baking dish. Sprinkle with cheese. Place in oven and bake for 20–25 minutes until top is golden brown. Makes 8 servings.

Nutrition information per serving: 369 calories; 24 grams protein; 8 grams fat; 50 grams carbohydrate; 664 mg sodium.