

King Ranch Chicken Casserole ~ THM S

Ingredients

- 5 cups chopped or shredded cooked chicken (use leftovers or a rotisserie chicken)
- 1 cup sour cream
- 1 cup Greek yogurt
- 1 large onion (peeled and chopped)
- 4 garlic cloves (peeled and minced)
- 1 tablespoon butter
- 16 ounces jarred salsa verde (mild or hot)
- 10 oz can tomatoes and green chiles ((rotel), drained)
- 2 teaspoons ground cumin
- 4 cups shredded Mexican-style cheese
- 12 wonder wraps ([Trim Healthy Table](#) page 251)

Instructions

1. Make the wonder wraps. The recipe can be found in Trim Healthy Table page 251 or in the Trim Healthy Mama Cookbook page 204. The recipes are slightly different but either will work.
2. Preheat the oven to 400 degrees F.
3. Place a skillet over medium heat and add the butter, onions, and garlic. Sauté for 3-5 minutes to soften.
4. In a large bowl mix the sautéed onions and garlic, chopped chicken, sour cream, salsa verde, tomatoes and chiles, and cumin.

5. Tear the wonder wraps into rough pieces. Spoon one-quarter of the chicken filling in the bottom of a greased 9×13 baking dish. Top with 1 cup shredded cheese. Then spread a single layer of torn tortillas over the top. Repeat layering the chicken filling, cheese, and tortillas three layers high, using up all the tortillas. Spread the last one-quarter of the chicken filling and 1 cup of cheese over the top.
6. Bake for 20-25 minutes, until golden and bubbly. Wait at least 5 minutes before cutting.

Try to keep moisture content down in this recipe. If you shred the chicken, as I did, be sure to drain out any liquid that it may have been cooking in. Also drain your can of tomatoes and onions.