

Chili Relleno Casserole

Base:

- 1 6 oz can diced green chilies (1/2 cup)
- 1 10 oz pkg of shredded jack cheese (2 1/2 cups)
- 1 12 oz pkg of shredded cheddar cheese (3 cups)
- 4 eggs, separated
- 1-1/2 cups non-fat milk
- 2 tablespoons flour

Place diced green chilies in bottom of a 12 x 7 baking dish. Layer jack cheese and cheddar cheese on top of chilies. Beat egg whites until soft peaks form. In a separate bowl, mix egg yolks, milk and flour. Fold in egg whites. Pour over items in the baking dish. Bake at 350 degrees for 30 minutes.

Topping:

- 1 can green chili salsa (7 oz can)
- 1 cup tomato sauce (8 oz can)
- 1/2 cup shredded jack cheese (2 oz)

Combine salsa and tomato sauce. Pour over the baked casserole. Sprinkle the jack cheese over the baked casserole and place in oven for another 20 minutes. Let stand 20 minutes before serving,

Makes 6 servings