

Upside Down Tamale Pie



Plan Z Phase: This is a Z3.5 (ZReboot3.5) recipe.

Servings: Serves 6.

In a regular tamale pie the cornbread is usually on top, like a crust. This low carb tamale pie actually has NO CORN in it. I call it Upside Down because in this recipe the “cornbread” is actually on the bottom. I found this recipe on-line, but I can’t see whom to give credit. I also *Zolafied* it to make it a bit easier to make. It’s not a super pretty dish to photograph but it tastes authentic without all the carbs.

Ingredients:

- 1 lb of chicken tenders, trimmed of the white membrane
- 6 Tbl of butter, melted
- 1/3 cup of heavy cream
- 3 large eggs
- 4 ounces of diced green chilies (one small can)
- 1/2 cup of coconut flour (If your store does not have it you can order online. It’s great to have around to sub for regular flour in many recipes.)
- 1/2 tsp of grated sea salt
- 1/4 tsp of baking powder

- 1/2 cup of enchilada sauce (I used red sauce from a small can)
- 1 Tbl of taco seasoning (I just use an equal mix of cumin, smoked paprika and a sprinkling of cayenne. Most taco mixes in a pouch have other stuff and preservatives in them.)
- 1 cup of grated cheddar cheese

Optional toppings:

- Hot sauce, sour cream and avocado slices

Instructions:

Preheat the oven to 350 degrees.

In a 9 X 9" ovenproof pan spray with olive oil and then put in your trimmed chicken tenders. Bake them for 20 minutes or until no pink remains. Remove them from the oven to cool and then shred the meat with two forks.

While the chicken is baking or cooling you can make your filling. Spray a 9" pie plate with olive oil spray or coconut oil spray.

To make the "cornbread" add the melted butter, cream, and eggs in a mixing bowl. Thoroughly mix with a whisk to combine. Add the green chilies, coconut flour, salt and baking powder. Stir well. Spread the mixture in the bottom of the 9" pie plate. Bake at 350 degrees for 15 minutes. The "cornbread" will be just set but a little wiggly in the middle.

Use a fork to poke holes all over the "cornbread". Pour the enchilada sauce over the "cornbread". Toss the taco seasoning elements into the chicken. Distribute the shredded chicken over the "cornbread" and sauce. Sprinkle on the grated cheddar. Return to the oven at 350 degrees for 10-15 minutes to heat the

meat and melt the cheese.

Let it set outside the oven for a few minutes so it will settle. This will not likely cut into even pie wedges. I opted to just scoop it out with a spoon. You decide.

Serve with your optional toppings.

Enjoy!

Cheers,