

Mexican Chicken

Casserole

Ingredients:

- 1 green pepper, chopped
- 1 tsp. ground cumin
- 1 tomato, chopped
- 1-1/2 cup thick & chunky salsa
- 3/4 lb. boneless skinless chicken breast, cut into 1/2-inch pieces
- 2oz. Cream cheese, cubed
- 1 can (15oz.) black beans, drained
- 2 whole wheat tortillas (6-inch)
- 1/2 cup Mexican style fat-free shredded cheese



Directions:

HEAT oven to 375°F. Cook and stir chicken and cumin in nonstick skillet sprayed with cooking spray on medium heat 2 min. Add peppers; cook 2 min., stirring occasionally. Stir in salsa; cook 2 min. Add cream cheese; cook 2 min. or until melted. Stir in beans and tomatoes.

SPOON 1/3 of chicken mixture into 8-inch square baking dish; top with 1 tortilla and 1/2 each of remaining chicken mixture and shredded cheese. Top with remaining tortilla and chicken mixture; cover with foil.

BAKE 20 min. or until heated through. Sprinkle with remaining shredded cheese; bake, uncovered, 5 min. or until melted.

Nutrition Facts:

320 Calories

10g - Fat

35g - Carbs

9g - Fiber

6g - Sugar

32g - Protein

Prep Time:

25 mins.

Total Time:

40 mins

Makes:

4 servings