



Southwest Chicken Casserole

SERVINGS: 8

PREP TIME: 15 MIN

COOK TIME: 1 HOUR 15 MIN

Ingredients

- 1 1/2 cups uncooked brown rice
- 2 cups low sodium chicken broth
- 1/2 yellow onion, diced
- 1 can (15 oz.) sweet corn, drained and rinsed
- 1 can (15 oz.) black beans, drained and rinsed
- 1 pound boneless chicken breast, cubed
- 2 cups salsa
- 1 teaspoon chili powder
- 1 teaspoon cumin
- 2 teaspoons garlic powder
- 1/2 cup shredded cheese

Nutrition info per serving

325 calories
25 g protein
6 g total fat
2 g saturated fat
51 g carbohydrates
7 g fiber
565 mg sodium

Directions

1. Preheat oven to 375° F and spray a large casserole dish with cooking spray.
2. Add all ingredients except cheese in to the casserole dish and mix together until everything is well mixed.
3. Cover with aluminum foil and bake for 50 minutes.
4. Uncover and top with shredded cheese. Bake for an additional 10 minutes or until cheese is melted and bubbly.
5. Once fully cooked, let rest for 10 minutes before serving. Garnish with any optional toppings (cilantro, plain yogurt, green onion, etc.).