

Nacho Chicken Casserole

Recipe of the Month November - 2015



Try Mexican flavor in a new form. Nachos get a makeover in a casserole that's loaded with calcium for healthy bones.

Prep Time: 15 Min

Start to Finish: 1 Hr. 25 Min

Makes: 5 servings

INGREDIENTS

2 cups diced cooked chicken	1 can (11 oz.) no salt added whole kernel sweet corn, drained
1/2 cup uncooked instant rice	1 teaspoon taco seasoning mix (from 1-oz. package)
1 can (14.5 oz.) no-salt-added diced tomatoes, drained	1 cup shredded reduced-fat Cheddar cheese (4 oz.)
1 can (10 3/4 oz.) condensed 98% fat-free cream of chicken soup with 30% less sodium	1 cup tortilla chips

DIRECTIONS

1. Heat oven to 350°F. Spray 2-quart casserole with cooking spray. In casserole, stir chicken, rice, tomatoes, soup, corn, taco seasoning mix and 1 cup of the cheese until well mixed.
2. Cover and bake about 1 hour or until rice is tender and mixture is heated through. Top with tortilla chips; sprinkle with remaining 1/4 cup cheese. Bake uncovered about 10 minutes longer or until filling is bubbly and cheese is melted.



Recipe Provides: Dairy 1/2c, Grains 1oz-equivalents, Meat & Beans 2oz-equivalents, Vegetables 3/4c

NUTRITION INFORMATION PER SERVING

Serving Size: 1 Serving	Total Fat: 14 g	Saturated Fat: 3 1/2 g
Calories: 370	Calories from Fat: 130	Carbohydrates: 32 g
Cholesterol: 60 mg	Dietary Fiber: 5 g	Sodium: 550 mg
Sugars: 10 g	Protein: 28 g	



Recipe adapted from www.eatbetterearly.com