



Chicken and Brown Rice Casserole

Serves eight

1 skinless, boneless chicken breast – cubed
½ tsp. garlic powder
½ tsp. paprika
½ tsp. ground cumin
½ tsp. salt
½ tsp. black pepper
2 cups cooked brown rice
¾ cup frozen yellow corn – thawed
½ cup of canned black beans – drained and rinsed
2 TBS. chopped cilantro
2 TBS. finely cubed bell pepper
1 cup salsa + extra for serving
1 cup shredded cheese – I used a combination of Cheddar and Monterrey
Sour cream for serving

Preheat the oven to 350 degree F (175 C).

Place the chicken cubes on a board or in a bowl and sprinkle with salt, pepper, garlic powder, paprika and cumin. Mix to coat on all sides.

In another bowl mix the cooked rice with the corn, beans, cilantro and bell pepper. Add the chicken and the salsa. Mix well. Place half of the rice mixture in a casserole dish and sprinkle ½ of the shredded cheese on top. Add the remaining rice and top off with the remaining cheese.

Cover your casserole dish – if you do not have a lid use tented aluminum foil. Do not let the foil touch the cheese. Bake the casserole for 40 minutes – or until the chicken is completely cooked through. Remove from oven and allow cooling for about 5 minutes. Serve with a dollop of sour cream and some extra salsa.

CALORIES 190.51; FAT 6.99 grs (sat 3.46; mono 2.16; poly 0.87); PROTEIN 13.49 grs ; FIBER 2.73 grs; CARBS 18.64 grs; CHOLESTEROL 34.18 mg; IRON 1.21 mg; SODIUM 453.12 mg; CALCIUM 124.87 mg

