

The recipe below can be part of a healthy, balanced meal at home. This casserole can easily be prepped ahead of time and thrown in the oven when you get home at night for a quick, hassle-free supper.

Cheesy Chicken and Rice Bake

Yields: 6 Servings

Ingredients:

- 2 whole boneless, skinless chicken breasts
- 4 cups cooked brown rice
- ¾ cup frozen corn
- 15 oz. can black beans, drained and rinsed
- 1 cup plain Greek yogurt
- 4 oz. can green chilies
- ½ cup salsa
- 1 cup low-fat shredded cheddar cheese, plus more for topping
- 2 T. fresh cilantro for garnish (optional)



Directions:

1. Preheat oven to 350 degrees F. In a large bowl, combine all ingredients except for cilantro and mix thoroughly to combine. Season with salt and pepper if desired. Transfer to an oven-safe dish and top with extra cheese if desired, may use mozzarella.
2. Bake for 20-25 minutes or until heated through. Garnish with chopped cilantro.

Nutrition Info: 342 calories, 6.8 g total fat, 2.8 g saturated fat, 38 mg cholesterol, 439 mg sodium, 48 g total carbohydrate, 7.4 g fiber, 24.5 g protein