



Cheesy Chicken Fiesta Casserole



1/6 of recipe: 215 calories, 4g total fat (2g sat. fat), 645mg sodium, 16.5g carbs, 4g fiber, 3g sugars, 24.5g protein

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Prep: 10 minutes **Cook:** 30 minutes

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Ingredients

1 lb. raw extra-lean ground chicken (at least 98% lean)
1 tbsp. [taco seasoning](#), divided
One 16-oz. can [fat-free refried beans](#)
1/2 cup salsa
1/2 cup shredded reduced-fat Mexican-blend cheese
1/3 cup light sour cream
1/4 cup chopped fresh cilantro

Directions

Preheat oven to 375°F. Spray an [8" X 8" \(or similar\) baking pan](#) with nonstick spray.

Bring a large skillet sprayed with nonstick spray to medium-high heat. Add chicken and 2 tsp. taco seasoning. Cook and crumble until fully cooked, about 8 minutes. Transfer to the baking pan.

In a medium bowl, mix beans with remaining 1 tsp. taco seasoning. Spread mixture over the cooked chicken. Top with salsa and cheese.

Bake until entire dish is hot and bubbly and cheese has melted, about 20 minutes.

Serve topped with sour cream and cilantro.

MAKES 6 SERVINGS

HG FYI: Not all taco seasonings are gluten free, so read labels carefully if that's a concern.

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