



Chicken & Veggie Enchilada Casserole



1/6 of recipe: 217 calories, 5.5g total fat (2g sat. fat), 541mg sodium, 17g carbs, 2.5g fiber, 3.5g sugars, 23.5g protein

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Prep: 15 minutes **Cook:** 40 minutes

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Ingredients

1 1/4 cups red enchilada sauce, divided
4 street-taco-sized corn tortillas, cut into quarters, divided
1 lb. raw boneless skinless chicken breast, cut into bite-sized pieces
1 cup chopped bell pepper
1/2 cup thinly sliced onion
1/2 cup chopped zucchini
1/2 cup canned black beans, drained and rinsed
1/2 cup frozen sweet corn kernels
One 4-oz. can diced green chiles, not drained
3/4 cup shredded reduced-fat Mexican-blend cheese

Directions

Preheat oven to 375°F. Lightly spray a 9" X 13" baking pan with nonstick spray.

Spread 1/4 cup sauce into the bottom of the pan. Add half of the tortilla pieces in an even layer.

Add chicken in an even layer. Top with bell pepper, onion, zucchini, beans, corn, and chiles.

Add remaining tortilla pieces in an even layer. Top with remaining 1 cup sauce.

Bake for 35 minutes.

Top with cheese. Bake until chicken is fully cooked, veggies have softened, and cheese has melted, about 5 minutes.

MAKES 6 SERVINGS

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