



# Chicken Nacho Casserole



1/6 of recipe: 225 calories, 5g total fat (2g sat. fat), 607mg sodium, 19g carbs, 4.5g fiber, 3.5g sugars, 24.5g protein

**Prep:** 5 minutes    **Cook:** 20 minutes



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## Ingredients

- 12 oz. cooked and shredded skinless chicken breast
- 1 tbsp. taco seasoning, divided
- One 15-oz. can fat-free refried beans
- 1/2 cup frozen sweet corn kernels, thawed
- 1/2 cup salsa
- 1/2 cup shredded reduced-fat Mexican-blend cheese
- 1/3 cup light sour cream
- 2 tbsp. chopped fresh cilantro

## Directions

Preheat oven to 375°F. Spray an 8"x8" baking pan with nonstick spray.

Place chicken in the pan, and sprinkle with 2 tsp. taco seasoning.

In a medium bowl, mix beans, corn, and remaining 1 tsp. taco seasoning. Spread mixture over the 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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