



King Ranch Chicken Casserole



1/6th of casserole: 252 calories, 11g total fat (5.5g sat. fat), 626mg sodium, 14g carbs, 2g fiber, 4g sugars, 24g protein

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Prep: 15 minutes **Cook:** 35 minutes



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Ingredients

1 cup chopped onion
3/4 cup light/reduced-fat cream cheese
3/4 cup shredded reduced-fat Mexican-blend cheese
12 oz. cooked skinless chicken breast, cut into bite-sized pieces
One 10-oz. can diced tomatoes with green chiles, drained
Three 6-inch corn tortillas, cut into quarters
Optional toppings: hot pepper slices, chopped red onion

Seasonings:

1/8 tsp. salt
1/8 tsp. black pepper
2 tbsp. taco seasoning

Directions

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

Bring a skillet sprayed with nonstick spray to medium-high heat. Add onion, salt, and pepper. Cook and stir until slightly softened, about 3 minutes.

Transfer onion to a large bowl. Add cream cheese, 1/4 cup shredded cheese, chicken, and taco seasoning. Mix until uniform. Fold in diced tomatoes with chiles.

Transfer half of the chicken mixture to the baking pan, and smooth out the surface. Add half of the tortilla pieces in an even layer, and top with 1/4 cup shredded cheese. Repeat layering with remaining chicken mixture, tortilla pieces, and 1/4 cup shredded cheese.

Cover with foil, and bake for 25 minutes.

Remove foil, and bake until entire dish is hot and bubbly and cheese has lightly browned, about 5 minutes.

MAKES 6 SERVINGS

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