

Chicken & Rice Salsa Bake

Serves 8

- 1 cup uncooked white rice (not instant type)
- 1 can cream corn
- 1 (15 oz.) can low sodium black beans, drained and rinsed
- 1 (16 oz.) jar salsa
- ½ cup chicken broth, low sodium
- 1 ½ teaspoons chili powder
- ½ teaspoon oregano
- 1 can (15 oz.) boned chicken, drained
- 1 cup shredded sharp cheddar cheese, lowfat
- 2 green onions, sliced

1. Preheat oven to 375 degrees. Drain and rinse the black beans. Lightly oil or spray an 8 x 8 inch casserole dish with non-stick cooking spray.
2. In medium bowl, mix salsa and broth. Set aside.
3. Mix dry rice, chicken, creamed corn, beans and spices in casserole dish until evenly combined. Pour salsa mixture over rice and chicken mixture, mix until blended.
4. Cover casserole tightly with foil. Bake for 60 minutes, or until rice tested with a fork is tender. If needed, recover dish and bake for 10 to 15 more minutes.
5. When rice is tender, sprinkle cheese over the top and return dish to oven until cheese melts. Add sliced green onions after baking and serve hot.

Nutrition Facts

Serving Size (287g)		Servings Per Container	
Amount Per Serving			
Calories 230	Calories from Fat 40		
		% Daily Value*	
Total Fat 4.5g		7%	
Saturated Fat 1.5g		8%	
Trans Fat 0g			
Cholesterol 45mg		15%	
Sodium 1010mg		42%	
Total Carbohydrate 29g		10%	
Dietary Fiber 3g		12%	
Sugars 6g			
Protein 22g			
Vitamin A 6%		Vitamin C 4%	
Calcium 8%		Iron 10%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.			
	Calories: 2,000	2,500	
Total Fat	Less than 65g	80g	
Saturated Fat	Less than 20g	25g	
Cholesterol	Less than 300mg	300mg	
Sodium	Less than 2,400mg	2,400mg	
Total Carbohydrate	300g	375g	
Dietary Fiber	25g	30g	
Calories per gram:			
	Fat 9	Carbohydrate 4	Protein 4

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This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP) through a contract awarded by the Kansas Department for Children and Families. USDA is an equal opportunity employer and provider. SNAP provides nutrition assistance to people with low income.

It can help you buy nutritious foods for a better diet. To find out more call 1-800-221-5689.



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