

Chicken Enchilada Casserole

Lots of layers for more flavor!

6-8 servings

Ingredients:

- 1 1/2 cups thick and chunky salsa (divided)
- 4 (6-inch) corn tortillas
- 1/3 cup diced onion
- 1 can (15 ounces) black beans, drained and rinsed
- 1 cup cooked, chopped chicken
- 1 cup low fat sour cream
- 1 cup shredded Colby-Monterey Jack cheese

Directions: 1. Preheat oven to 350 degrees. 2. Pour 1/2 cup salsa in bottom of 9x9-inch square baking dish that has been lightly coated with cooking spray. 3. Cut or tear tortillas in half and use four pieces to cover bottom of dish. 4. In a medium mixing bowl, combine 1 cup salsa, onion, beans and chicken. Spoon half of chicken mixture over tortillas. 5. Top with half the sour cream, then half the cheese. 6. Continue layering with remaining tortilla halves, chicken mixture, sour cream and cheese. 7. Cover with foil and bake 35 minutes until bubbly. Uncover and bake 5 to 10 minutes longer until cheese is melted.

Nutrition Facts: One 1 cup serving provides 260 calories, 8g total fat, 40mg cholesterol, 940mg sodium, 32g total carbohydrate

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.

K-State Research and Extension
Family Nutrition Program

Kids a Cookin'

www.kidsacookin.ksu.edu

Chef's Choice

Chicken Enchilada Casserole
Applesauce
Low Fat Milk

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