

Recipe of the Month - December 2017

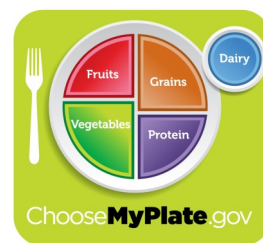
Chicken, Corn and Rice Casserole

Serves 6

Serving Size: 1 cup

Ingredients:

- 1 cup instant brown rice, uncooked
- 2 cups frozen corn
- 1 can (12.5 ounces) chicken breast
- 1 can (4 ounces) diced green chili peppers
- 1 container (5.3 ounces) plain Greek yogurt
- 1 cup shredded cheese
- 6 tablespoons salsa, divided



Make MyPlate Your Plate

Directions:

1. Cook instant brown rice according to package directions.
2. Preheat oven to 350°F. Spray a casserole dish or 8x8 inch pan with cooking spray.
3. Thaw corn in the microwave.
4. Drain the water off the chicken breast. Use a fork to shred the chicken breast.
5. Combine rice, corn, chicken, chili peppers, yogurt, and shredded cheese in a medium bowl.
6. Scoop mixture into the casserole dish.
7. Bake casserole for 30 minutes until heated through to 165°F.
8. Top each serving with 1 tablespoon salsa.

Tips:

- Make this a meatless dish by substituting beans for chicken.
- Add spice by using pepper jack cheese.

NUTRITION FACTS PER SERVING: 250 calories, 8g total fat (4.5g sat. fat), 40mg cholesterol, 590mg sodium, 26g carbohydrates, 2g fiber, 5g sugar, 20g protein

*Recipe compliments of Iowa State University Extension:
Healthy & Homemade Meals 2017 Nutrition & Fitness Calendar*