

Light King Ranch Chicken Casserole

This heart-healthy twist on a classic casserole will be devoured in minutes.



INGREDIENTS

- Cooking spray
- 2 pounds boneless, skinless chicken breasts, all visible fat discarded
- 1 10.5-ounce can unsalted or low-sodium condensed cream of mushroom soup
- 1 15.25-ounce can no-salt-added whole-kernel corn, rinsed and drained
- 1 14.5-ounce can no-salt-added diced tomatoes, drained
- 14.4 to 16 ounces frozen stir-fry peppers and onions, thawed and drained
- 1 4-ounce can diced green chiles, drained
- 1 tablespoon chili powder
- 8 6-inch corn tortillas, cut into 1-inch strips
- 1/2 cup shredded fat-free cheddar cheese



SERVINGS: 8

COST PER SERVING: \$3.35

CALORIES

301 Per Serving

PROTEIN

31g Per Serving

FIBER

5g Per Serving



STEP 1: Preheat to 350°F. Lightly spray a large nonstick pan with cooking spray. Cook the chicken over medium-high heat for 7 to 8 minutes on each side, or until no pink in the center. Transfer to a plate. When cool enough, cut the chicken into cubes.



STEP 2: Pour the condensed soup into a large bowl. Stir in the corn, tomatoes, stir-fry vegetables, chiles, and chili powder. Stir in the chicken.



STEP 3: Lightly spray a 13x9x2 inch baking dish with cooking spray. Spread evenly 1/3 chicken mixture on the bottom of the dish. Top with half the tortilla strips. Repeat with 1/3 chicken mixture and remaining tortilla strips. Spread evenly the remaining 1/3 chicken mixture. Sprinkle with the cheese.



STEP 4: Bake for 30 to 40 minutes, or until heated through and bubbly. Remove from the oven. Let stand for 5 minutes before cutting.

QUICK TIPS

Tip: Make this recipe into a dip for a gathering! In a large bowl, stir together all the ingredients except the tortillas and cheese. Stir in 1 or 2 chopped fresh jalapeños and 1 15.5-ounce can no-salt-added or low-sodium black beans or pinto beans, rinsed and drained. Pour the mixture into baking dish lightly coated with cooking spray. Sprinkle with cheese. Bake for 30 minutes, or until heated and bubbly. Top with avocado chunks. Serve with low-sodium whole-grain pita chips or baked corn tortillas chips.



**Washington
Food Coalition**

This resource is made possible by a collaboration between the Washington Food Coalition and the American Heart Association, proud local advocates for nutrition security in Washington State.



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