

# HEALTHY MEXICAN CASSEROLE



## INGREDIENTS: 8-10 SERVINGS

1 lb. chicken breasts, chopped into bite-size pieces  
1 cup brown rice or quinoa, uncooked  
2 tablespoons olive oil  
1 bell pepper, diced  
1 white onion, diced  
 $\frac{1}{2}$  cup spinach or kale, chopped  
2 cloves garlic, minced  
1 can black beans, rinsed and drained  
1 can fire roasted tomatoes, drained  
1 cup plain nonfat Greek yogurt  
 $\frac{3}{4}$  cup mozzarella cheese  
 $\frac{1}{2}$  cup cheddar cheese  
2 tablespoons chili powder  
 $\frac{1}{2}$  teaspoon cayenne pepper  
1 teaspoon cumin seeds  
 $\frac{1}{2}$  teaspoon salt  
 $\frac{1}{2}$  teaspoon black pepper

## INSTRUCTIONS

1. Preheat oven to 350 degrees F.
2. Heat 1-2 tablespoons olive oil in skillet over medium-high heat.
3. Cut chicken breasts into bite-sized pieces and cook in skillet until fully cooked (no longer pink in middle) about 5 minutes each side. While chicken is cooking, add all seasonings (chili powder, cumin, salt, pepper, cayenne) along with garlic, onion, and pepper. Cook for a few minutes, until onions and peppers are softened.
4. Prepare the brown rice or quinoa in a large pot by measuring 1 cup uncooked quinoa and combining with 2 cups of water. Bring to boil, then lower to a simmer and cover for about 12-15 minutes. Fluff quinoa with fork.
5. Add the chicken, pepper, and onion mixture to the large pot of quinoa. Drain and rinse the cans of black beans and fire-roasted dice tomatoes. Add to large pot with the spinach (or kale) and cook (on low) for about 2 minutes. Add the Greek yogurt,  $\frac{1}{2}$  cup mozzarella cheese, and  $\frac{1}{4}$  cup cheddar cheese. Stir together until well-combined and pour into a casserole dish (sprayed with non-stick cooking spray).
6. Sprinkle the remaining cheese (1/4 cup cheddar, 1/4 cup mozzarella) on top of casserole and bake for 15-20 minutes. Cheese should be slightly brown on top. Remove from oven and let cool several minutes before serving.