

# Southwest Chicken Casserole

4 cups shredded cooked chicken  
2 cups salsa  
1 (15.25 oz.) can corn, drained and rinsed  
1 cup black beans, rinsed

1/2 teaspoon garlic powder  
1/2 teaspoon cumin  
1 1/2 cups shredded colby jack cheese (or  
Mexican cheese)

Optional: Sour cream, guacamole, green onions. If you don't have all of the spices, you could try substituting them for one packet of taco seasoning, but this would increase the sodium content.

Instructions: Preheat oven to 350° F. Wash hands with soap and water. Mix the shredded chicken, salsa, corn, black beans, garlic powder, and cumin together and spread in a large casserole dish. Cover evenly with cheddar cheese. Bake for 20-25 minutes or until cheese is melted and the chicken is heated. Once done, remove from the oven and garnish with items of your choice! Enjoy.

Yield: 6 servings

**Nutrition Facts** (per serving): 360 calories, 13 grams fat, 1120 milligrams sodium, 19 grams carbohydrate, 5 grams fiber, 38 grams protein