Dinner, Latin American

Cheesy Green Chile Chicken and Bean Bake

Shredded chicken and black beans are bound in a creamy tomatillo sauce with peppers and warm spices, then baked under a blanket of melted cheese and finished with fresh cilantro.



Nut free

40 min	160	11 g	3 g
time	calories	carbs	sugars

Ingredients, 8 servings

- [ ] 1 spray nonstick cooking spray
- [ ] 2 cup cooked chicken (breast, shredded)
- [ ] 1 (15 oz) can black beans (no salt added, rinsed and drained)
- [ ] 1 (4 oz) can canned green chiles (drained)
- [ ] 2 med red bell pepper
- [ ] 1 cup plain nonfat Greek yogurt
- [ ] 1/3 cup salsa verde (tomatillo salsa)
- [ ] 1 tsp ground cumin
- [ ] 1/2 tsp garlic powder
- [ ] 1/4 tsp black pepper
- [ ] 3/4 cup shredded Mexican cheese blend (low fat)
- [ ] 1 tbsp fresh cilantro (chopped, for garnish)

Nutrition Facts

Per serving

Calories	160
Total fat	4.5 g
Saturated fat	2 g
Sodium	270 mg
Total carbs	11 g
Fiber	3 g
Total sugars	3 g
Protein	19 g

Method

- [ ] **1** Heat the oven to 375 degrees F and coat a 9-inch square baking dish with the nonstick cooking spray.
- [ ] **2** Stir the shredded chicken, black beans, green chiles, chopped red bell pepper, Greek yogurt, salsa verde, ground cumin, garlic powder, and black pepper together in a large bowl until evenly blended.
- [ ] **3** Transfer the mixture to the prepared dish and spread it into an even layer.
- [ ] **4** Scatter the Mexican cheese blend over the top.
- [ ] **5** Cover the dish with foil and bake for 25 minutes.
- [ ] **6** Take off the foil and keep baking for about 10 minutes more, until the casserole is hot and bubbling and the cheese is melted and golden.
- [ ] **7** Let it rest a few minutes, cut into 8 squares, and top each piece with the chopped fresh cilantro.

diabic.com/recipes

Scan to open this recipe and its shopping list