

Baked tortilla chips

baked tortilla chips
(crushed, (or about 24)) 1 1/2 oz



Fire-roasted tomatoes

fire-roasted tomatoes
(15-ounce, diced) 1 can



Cooking spray



Chicken breasts

chicken breasts
(boneless, skinless, cut
into small pieces) 1 lbs



Black beans

black beans (no salt added,
drained and rinsed)



Chicken Nacho Casserole

Cheddar

cheddar cheese
(reduced-fat, shredded)
2/3 cup



Chili powder

chili powder 2 tsp



Cumin

cumin 1/2 tsp



Pepper

1/8 teaspoon pepper



Garlic powder

garlic powder 1/2 tsp



Ingredients



Directions

Chicken Nacho Casserole





Amount per serving
210 Calories

Chicken Nacho Casserole

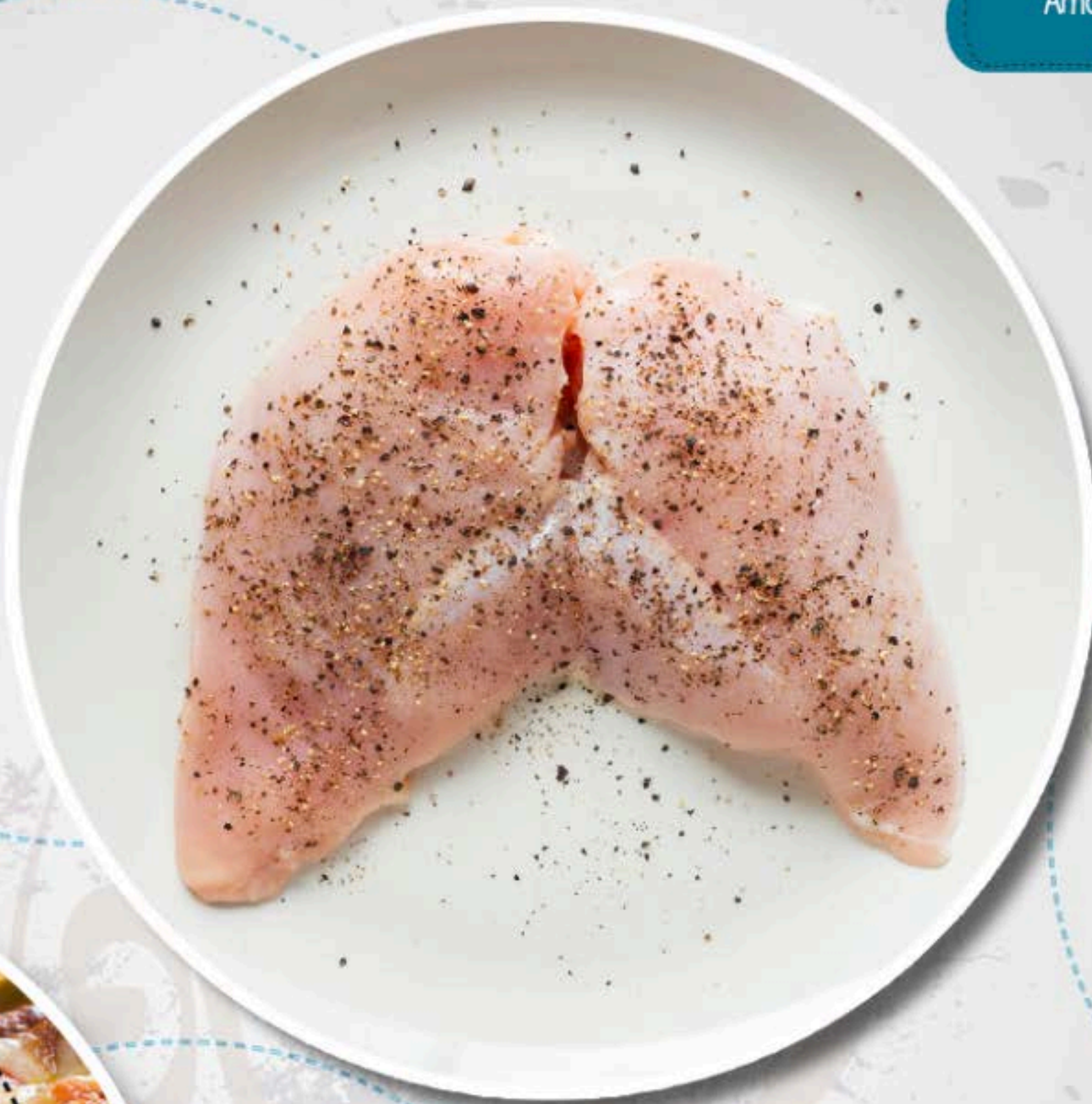


Preheat the oven to 375 degrees F
Spray a 2 1/2 quart baking dish with cooking spray.

Directions



Diabetes
360°



Chicken Nacho Casserole



Season the chicken with black pepper.

Directions





Chicken Nacho Casserole



Spray a large sauté pan with cooking spray
& heat over medium-high.

Directions





Amount per serving
210 Calories



Chicken Nacho Casserole

Add the chicken
& cook for 8 minutes.



Directions



Diabetes
360°



Chicken Nacho Casserole



Add the diced tomatoes, black beans, chili powder, cumin and garlic powder to the pan. Reduce the heat to low & simmer for 5 minutes.

Directions



Chicken Nacho Casserole



Pour the chicken mixture into the baking dish.
Sprinkle cheese on top & then top
with the crushed tortilla chips.

Directions

Diabetes
360°

Amount per serving
210 Calories



Chicken Nacho Casserole



Bake 12 minutes or until the cheese is melted.

Directions



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