

DASH Diet Mexican Bake

Yield: 6 min
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/southwest-mexican-bake-recipe>

Ingredients:

- 1 1/2 cups cooked rice preferably brown
- 1 pound skinless boneless chicken breast cut in bite-sized pieces
- 29 ounces tomatoes no-salt-added, diced or crushed
- 15 ounces no-salt-added black beans drained and rinsed
- 1 cup corn kernels frozen yellow
- 1 cup red bell pepper chopped
- 1 cup poblano pepper chopped
- 1 tablespoon chili powder
- 1 tablespoon cumin
- 4 garlic cloves crushed
- 1 cup reduced fat monterey jack cheese shredded
- 1/4 cup jalapeno pepper slices, optional

Nutrition:

1. Calories: 230 calories
2. Carbohydrate: 14 grams
3. Cholesterol: 65 milligrams
4. Fat: 7 grams
5. Fiber: 3 grams
6. Protein: 29 grams
7. SaturatedFat: 3.5 grams
8. Sodium: 510 milligrams
9. Sugar: 8 grams

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