

Cheesy Mexican Chicken Casserole

Yield: 6 min
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/cheesy-mexican-chicken-casserole-recipe>

Ingredients:

- 1 pound chicken breast cooked and shredded
- 3 tablespoons taco seasoning 1 packet
- 1/2 cup plain greek yogurt fat free
- 15 ounces black beans rinsed and drained
- 1 cup salsa
- 1 1/2 cups mexican blend cheese shredded, divided
- tortilla chips optional

Nutrition:

1. Calories: 320 calories
2. Carbohydrate: 21 grams
3. Cholesterol: 85 milligrams
4. Fat: 14 grams
5. Fiber: 6 grams
6. Protein: 29 grams
7. SaturatedFat: 8 grams
8. Sodium: 1120 milligrams
9. Sugar: 4 grams

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