

# Southwest Chicken Bake

Yield: 4 min  
Total Time: 41 min

Recipe from: <https://www.recipeschoose.com/recipes/zesty-italian-dressing-chicken-and-rice-recipe>

## Ingredients:

- 2 1/2 tablespoons TACO BELL® HOME ORIGINALS® Taco Seasoning Mix
- 1 pound boneless, skinless chicken thighs cut into bite-size pieces
- 2 tablespoons zesty Italian dressing KRAFT Light
- 1 cup no-salt-added black beans canned, rinsed
- 1/2 cup frozen corn
- 2 green onions chopped
- 1 cup Taco Bell Thick n' Chunky Salsa
- 1/2 cup KRAFT Mexican Style 2% Milk Finely Shredded Four Cheese
- 2 2/3 cups cooked long-grain brown rice

## Nutrition:

1. Calories: 350 calories
2. Carbohydrate: 43 grams
3. Cholesterol: 75 milligrams
4. Fat: 7 grams
5. Fiber: 7 grams
6. Protein: 31 grams
7. SaturatedFat: 1.5 grams
8. Sodium: 580 milligrams
9. Sugar: 1 grams

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