



FIESTA CASSEROLE

Ingredients:

- 2 cups instant brown rice
- Non-stick cooking spray
- 1 (10 oz) can mild enchilada sauce
- 1 (14.5 oz) can no-salt-added diced tomatoes, drained
- 1 (15 oz) can corn, drained & rinsed
- 1 (15 oz) can no-salt-added black beans, drained & rinsed
- 1 Tbsp dried cilantro
- 1/2 tsp cumin
- 1/2 tsp chili powder
- 1 1/2 cups shredded fiesta blend cheese, divided

30 Min | Serves 8

Nutrition Facts	
8 servings per recipe	
Serving size	(240g)
Amount per serving	
Calories	280
% Daily Value*	
Total Fat 9g	12%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 340mg	15%
Total Carbohydrate 39g	14%
Dietary Fiber 6g	21%
Total Sugars 5g	
Includes 0g Added Sugars	0%
Protein 12g	
Vitamin D 0mcg	0%
Calcium 188mg	15%
Iron 1mg	6%
Potassium 381mg	8%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Preparation:

1. Prepare rice according to package directions. Set aside.
2. Preheat oven to 375°F. Lightly coat square glass baking dish with cooking spray.
3. In a large bowl, mix cooked rice, enchilada sauce, tomatoes, corn, beans, cilantro, cumin, chili powder & 1 cup cheese.
4. Spread mixture evenly in baking dish. Top with remaining cheese. Bake 15 minutes or until bubbly & cheese has melted.
5. Cut into squares & serve immediately.

