



Chicken, Corn, and Rice Casserole

Serves: 6 | Serving Size: 1 cup

Ingredients Needed:

- 1 cup instant brown rice, cooked according to package
- 2 cups frozen corn, thawed
- 1 can (12.5 ounces) chicken breast
- 1 can (4 ounces) diced green chili peppers
- 1 container (5.3 ounces) plain Greek yogurt
- 1 cup shredded cheese
- (Optional) 6 tablespoons salsa, divided

Directions:

1. Cook instant brown rice according to package directions.
2. Preheat oven to 350°F. Spray a casserole dish or 8×8-inch pan with cooking spray.
3. Thaw corn in the microwave.

4. Drain the water off the chicken breast. Use a fork to shred the chicken breast.
5. Combine rice, corn, chicken, chili peppers, yogurt, and shredded cheese in a medium bowl.
6. Scoop mixture into the casserole dish.
7. Bake casserole for 30 minutes until heated through to 165°F.
8. Optional: Top each serving with 1 tablespoon salsa.

Tips:

- Make this a meatless dish by substituting beans for the chicken. Add spice by using pepper jack cheese.