Dinner Tonight!

Black Bean Casserole

1 can (16 ounces) no-salt-added black beans, rinsed and drained
1 1/2 cups (6 ounces) shredded cooked chicken
4 large green onions, sliced
1 cup salsa
3/4 cup diced tomato
1 1/2 teaspoons ground cumin
3/4 cup (3 ounces) shredded reduced-fat Mexican cheese blend, divided
2 (9-inch) low-carb, high fiber whole wheat flour tortillas, divided and torn into small pieces
1/4 cup chopped cilantro

Heat oven to 375 degrees F. Place beans in large bowl; partially mash with potato masher. Add chicken, green onions, salsa, tomato and cumin; mix well. Spoon 1 1/3 cups mixture into 9-inch round glass baking dish; top with 1/2 cup cheese. Arrange 1/2 of tortillas over mixture. Repeat layering with 1 1/3 cups bean mixture, remaining tortillas and remaining bean mixture. Cover dish with foil and bake 30 minutes or until heated through.

Remove from oven, uncover and top with remaining 1/4 cup cheese. Return to oven and continue to bake 5 minutes or until cheese is melted. Remove from oven and top with cilantro.

Serves: 4

Nutrition facts per serving
Calories: 290
Carbohydrate: 32 g
Cholesterol: 50 mg
Fat: 7 g
  Saturated Fat: 3 g
Protein: 29 g
Dietary Fiber: 11 g
Sodium: 600 mg

Serve with: Green salad, Spanish rice