



## Operation Threshold WIC Recipe of the Month

March 2011

### Chicken Enchilada Casserole

Prep Time: 25 Min  
Start to Finish: 55 Min  
Makes: 3 servings

#### Ingredients:

1 boneless skinless chicken breast, cut into thin bite-size strips  
1/2 medium red bell pepper, finely chopped\*  
1/4 tsp ground cumin  
1 can (18.5 oz) vegetable soup (Southwestern style)  
1/4 cup uncooked instant brown rice\*  
1 oz fat-free cream cheese, cut into cubes  
3 Tbsp fat-free refried beans (from 16-oz can)\*  
4 corn tortillas (6 inch)\*  
1/3 cup shredded reduced-fat mild cheddar cheese\*

\* WIC-approved foods

#### Directions:

Heat oven to 350°F. In 12-inch nonstick skillet, cook chicken and bell pepper over medium-high heat 4-6 min, stirring constantly, until chicken begins to brown and bell pepper is crisp-tender. Sprinkle with cumin.

Stir in soup. Heat to boiling. Stir in rice; reduce heat to low. Cover; cook 10 min or until rice is tender.

Stir cream cheese into chicken mixture until well blended. Spread 1 Tbsp of the refried beans on 1 tortilla; place beans side up in bottom of ungreased 1-quart casserole. Top with 1 cup chicken mixture; sprinkle with 1 Tbsp of the cheese. Repeat 2 times. Top with remaining tortilla; sprinkle with remaining cheese.

Cover; bake 20-25 min or until mixture is hot and cheese is melted.

Recipe taken from [www.eatbetterearly.com](http://www.eatbetterearly.com)