

Chicken Recipe #2: Fiesta Chicken Casserole

To bring out the good tastes and save time – there are three tricks here:

Trick #1. Using instant rice – not regular rice.

Trick #2. Making a quick sauce of chicken broth, cream, sautéed onions and some garlic is the way to go. To speed up cooking time, bring the sauce to a simmer on the stovetop before spreading it in.

Trick #3. Since the chicken is already cooked, stir it into the casserole toward the end of the baking time to keep it from drying out.

YOU'LL NEED

Vegetable oil, 1 tbsp.

Onion, 1, minced

Garlic cloves, 3, minced

Chicken broth, 1 cup, low sodium

Instant rice, 1 cup

Salsa, store bought, drained, ½ cup

Black beans, canned, rinsed, ½ cup

Corn, frozen, thawed, ½ cup

Salt and black pepper

Chicken, cooked, shredded, 2 cups

Cilantro, minced, ¼ cup

Cheddar cheese, shredded, 1 cup

Fritos corn chips, coarsely crushed, 1 cup

DIRECTIONS

1. Heat oven to 450° with rack in middle.
2. Heat oil in 12 inch, non-stick skillet, over medium-high until shimmering.
3. Add onion, cook until soft, about 3 minutes.
4. Stir in garlic, cook until fragrant, about 60 seconds.
5. Add broth and salsa and bring to simmer.
6. Stir in rice, beans, and corn.
7. Season with salt and pepper to taste.
8. Pour mixture into 8 inch baking dish.
9. Bake 10 minutes.
10. Stir in chicken and cilantro.
11. Sprinkle cheddar cheese evenly over top.
12. Sprinkle with crushed corn chips.
13. Continue to bake until edges are bubbling and crumbs are toasted, about 5 minutes.
14. Serve.