

TACO CASSEROLE

Yield: 4

Total time: 45 minutes

Protein: 40g

Carbohydrates: 40g

Fats: 12g

INGREDIENTS

- 1/2 small onion, chopped
- 2 cups cooked chicken, shredded
- 1 1/2 cups cooked Jasmine Rice » 1 (15-ounces) can black beans, drained and rinsed
- 1 (10-ounces) can diced tomato and green chili blend, drained
- 1/2 cup unsweetened almond milk
- 2 eggs + 1 egg white, beaten
- 1 cup reduced-fat shredded Mexican cheese blend
- 1 teaspoon cumin
- 1/2 tablespoon chili powder
- 1/2 teaspoon garlic salt
- Cilantro and salsa to garnish
- Salt and pepper to taste

DIRECTIONS

1. Preheat oven to 350°F, and coat casserole dish with nonstick cooking spray.
2. In a large bowl, combine all ingredients.
3. Pour mixture into a casserole dish, and bake for about 35-45 minutes or until center is firm.
4. Let cool 5–10 minutes and enjoy! Top with garnishes of choice.

