

## KING RANCH *Chicken Noodle Casserole*

ACTIVE TIME 25 minutes

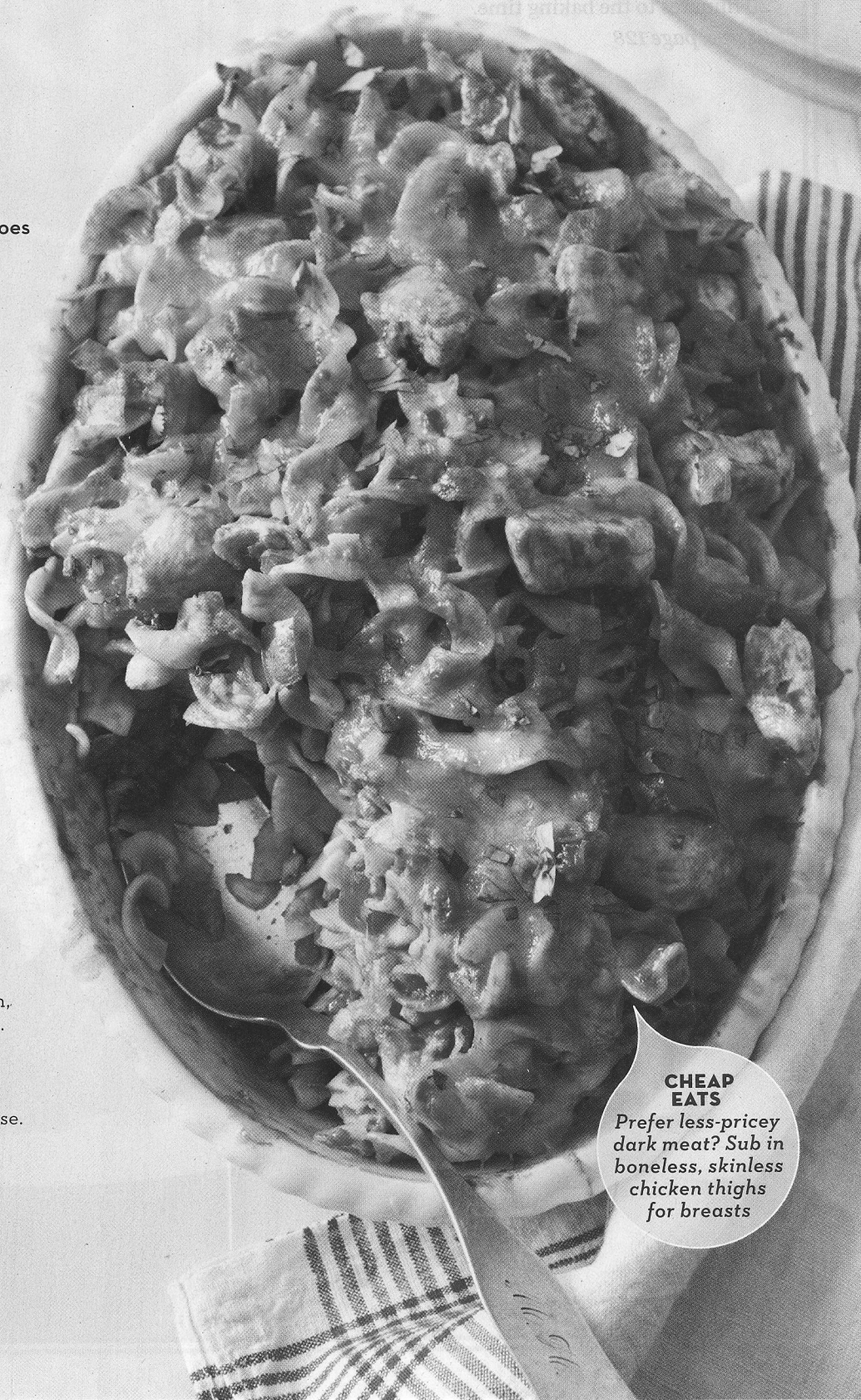
TOTAL TIME 1 hour

MAKES 6 main-dish servings

- 2 tsp. vegetable oil
- 1 lg. green pepper, chopped
- 1 med. onion, chopped
- 2 cloves garlic, chopped
- 1 can (28 oz.) crushed tomatoes
- 1/2 tsp. ground chipotle chile
- 1 tsp. ground cumin
- 1 lb. boneless, skinless chicken-breast halves, cut into 1/2-in. chunks
- 12 oz. wide egg noodles
- 1 c. packed fresh cilantro leaves
- 1/2 c. light sour cream
- 1 c. shredded Mexican-blend cheeses

1. Heat lg. covered saucepot of salted water to boiling on high. Preheat oven to 375°F.
2. In 12-in. skillet, heat oil on med.-high. Add green pepper, onion, garlic, and 1/2 tsp. salt. Cook 4 to 5 min. or until golden brown, stirring occasionally. Add tomatoes, chipotle, and cumin. Heat to simmering, stirring occasionally. Sprinkle chicken with 1/4 tsp. each salt and pepper. Add chicken to skillet. Reduce heat to med. Cover and cook 7 min., stirring occasionally.
3. While chicken mixture simmers, add noodles to boiling water and cook 5 min. less than label directs. Drain well; return to pot. To same pot, add chicken, cilantro, sour cream, and 1/2 tsp. salt, stirring to combine.
4. Spread mixture in even layer in glass or ceramic 3-qt. baking dish. Sprinkle with cheese. Bake, uncovered, 30 min. or until chicken is cooked (165°F) and filling is bubbling.

**EACH SERVING** About 470 calories, 32 g protein, 55 g carbohydrate, 14 g total fat (6 g saturated), 5 g fiber, 131 mg cholesterol, 990 mg sodium.



### CHEAP EATS

Prefer less-pricey dark meat? Sub in boneless, skinless chicken thighs for breasts