

DASH Diet Mexican Bake

1½ cups cooked rice, preferably brown

1 pound skinless, boneless chicken breast, cut in bite-sized pieces

2 14.5-ounce cans no-salt-added tomatoes, diced or crushed

15-ounce can no-salt-added black beans, drained and rinsed (or 1½ cups home-cooked, unsalted beans)

1 cup frozen yellow corn kernels

1 cup each: chopped red bell pepper and poblano pepper (or green bell pepper)

1 Tb. each: chili powder and cumin

4 garlic cloves, crushed

1 cup shredded reduced-fat Monterey Jack cheese

Optional: ¼ cup jalapeño pepper slices

Preheat oven to 400 degrees. Spread rice in a shallow 3-quart casserole. Top with chicken. In a bowl, combine tomatoes, beans, corn, peppers, seasonings and garlic; pour over chicken. Top with cheese and optional jalapeño. Bake 45 minutes.

Serves: 6. Per 1½ cup serving:

304 calories, 38g carbohydrates, 31g protein, 5.5g fat (2.4g saturated), 7g fiber, 227mg sodium.