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GRAIN: JARED SCHNEIDMAN FOR USA WEEKEND; CASSEROLE: AP

15-Minute Tex-Mex Rice Casserole

- 2 cups cooked brown rice
- 1 1/2 cups tomato salsa
- 1 tsp. chili powder
- 15-ounce can black beans, not drained
- 7-ounce can or 1 cup frozen whole kernel corn
- 2 ounces reduced-fat sharp Cheddar cheese, sliced 1/4 inch thick
- Optional: 2 Tbs. chopped black or green olives

Combine first 5 ingredients. Spoon into a 6-by-6-inch shallow casserole. Top with sliced cheese, then olives. Microwave on high for 12 minutes, until heated through and cheese is melted.

Serves: 4.
Per serving: 289 calories, 4.6g fat (2g saturated), 13.7g protein, 49g carbohydrates, 8g fiber, 1,150mg sodium.

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