

# Salsa Chicken Casserole

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Serves 6

Blue- 4 points

Purple- 4 points

Green- 6 points

- 1  $\frac{1}{2}$  pounds boneless, skinless chicken breasts cut into bite size pieces
- 1  $\frac{1}{2}$  cups salsa (pour off liquid, drain well)
- 6 oz reduced fat mexican blend cheese
- 1-2 Tbsp taco seasoning (depending on taste) \*see note below

1. Preheat oven to 375.
2. Place chicken pieces in a 9x13 baking dish that has been sprayed with non stick spray
3. Sprinkle taco seasoning over chicken.
4. Spread salsa on top of chicken
5. Sprinkle cheese over salsa
6. Bake for 30 minutes at 350 or until chicken reaches 165 degrees.
7. NOTE: I use homemade taco seasoning, but you can use

anything you like

Taco Seasoning:

3-4 Tbsp Ground Cumin

3 Tbsp kosher salt

2 Tbsp garlic powder

2 Tbsp ground black pepper

2 Tbsp SMOKED paprika

INSTRUCTIONS

Mix all ingredients.

Place in an airtight container

Use about 3 Tbsp per 1 pound of meat