

## Cheesy Taco Casserole

1 lb ground chicken breast skinless

27 ozs canned dark red kidney beans,  
drained and rinsed

1/2 c onions, chopped

8 ozs frozen corn, thawed

1 1/4 ozs low-sodium taco seasoning mix

2 ozs cheddar cheese, shredded

15 ozs no-salt-added tomato sauce

2 ozs low-fat tortilla chips, crushed



Preheat oven to 400. Prepare a 11" x 7" casserole dish with cooking spray; set aside. In a large saucepan, cook chicken and onions until chicken is no longer pink. Add taco seasoning mix, tomato sauce, kidney beans, and corn. Simmer for a ten minutes. Spread mixture into prepared dish. Sprinkle top evenly with cheese and tortilla chips. Bake for 20 minutes, or until heated through.

8 servings @ 5 points, 7 points plus