

## **Fiesta Casserole**

Serves 8

### **Ingredients:**

2 cups instant brown rice  
1 (10 oz.) can mild enchilada sauce  
1 (14.5 oz.) can no-salt-added diced tomatoes, drained  
1 cup frozen corn  
1 (15 oz.) can no-salt-added black beans, drained & rinsed  
¼ cup chopped fresh cilantro  
½ teaspoon cumin  
½ teaspoon chili powder  
1 ½ cups shredded fiesta cheese (taco cheese) divided  
Avocado, optional

### **Preparation:**

- Prepare rice according to package directions, set aside.
- Preheat oven to 375<sup>0</sup>F. Lightly coat square 9 x 9 baking dish with cooking spray.
- In a large bowl, mix cooked rice, enchilada sauce, tomatoes, corn, beans, cilantro, chili powder and 1 cup cheese.
- Spread mixture evenly in baking dish. Top with remaining cheese. Bake 15 minutes or until bubbly and cheese has melted.
- Cut into 8 squares and serve while hot.

Submitted by: MSU Extension

Source: [Onieproject.org](http://Onieproject.org)

### **Nutritional Value:**

Calories per serving: 190

Fat: 4.5

Sodium: 260 mg

Carbohydrates: 33 g

Fiber: 5 g

Protein: 8 g