

# Chicken Tortilla Casserole

*This quick microwave casserole is based on Mexican chilaquiles, which uses broken tortilla chips for added texture.*

- 1 poblano pepper
- 1½ lb boneless, skinless chicken thighs
- 2 tbsp **Southwestern Seasoning Mix**
- ¼ tsp salt
- 1 can (15 oz) black beans, drained and rinsed
- 1½ cups thick and chunky salsa
- 4 cups broken tortilla chips
- 1 cup (4 oz) shredded cheddar and Monterey Jack cheese blend
- Snipped fresh cilantro (optional)

1. Remove stem and seeds from poblano pepper using **Utility Knife**; slice into thin strips. Arrange poblano strips evenly over bottom of **Deep Dish Baker**. Thinly slice chicken using Utility Knife. Combine chicken, seasoning mix and salt in **Classic Batter Bowl**. Arrange chicken over poblano strips. Cover baker with 15-in. square of **Parchment Paper**, tucking corners of paper under baker. Microwave on HIGH 4 minutes; stir using **Mix 'N Scraper**® to separate chicken strips. Cover; microwave an additional 4-6 minutes or until chicken is cooked through.

2. Drain and rinse black beans using small **Colander**. Stir beans and salsa into chicken mixture. Gently stir in tortilla chips with **Small Mix 'N Scraper**®. Grate cheese over baker using **Deluxe Cheese Grater**. Microwave, uncovered, on HIGH 2-3 minutes or until cheese is melted. If desired, snip cilantro using **Kitchen Shears**; sprinkle over casserole.

Yield: 6 servings

Nutrients per serving: Calories 360, Total Fat 15 g, Saturated Fat 6 g, Cholesterol 115 mg, Carbohydrate 26 g, Protein 31 g, Sodium 1120 mg, Fiber 6 g

**Cook's Tip:** Boneless, skinless chicken breasts can be substituted for the chicken thighs, if desired.

Poblano peppers are dark green chiles with a rich flavor that varies from mild to slightly spicy. Poblanos are about 2 1/2 in. wide and 4-5 in. long, forming a triangular shape.

If desired, 1 small onion, cut into thin wedges, can be substituted for the poblano pepper.

Taco seasoning mix can be substituted for the Southwestern Seasoning Mix, if desired. Omit salt.