

Chicken Diablo

You can make it as spicy as you want – I like it hot!

Ingredients

2 chicken breast halves, cut into 1-2" chunks
1 red or yellow bell pepper, diced
1 can black beans, rinsed and drained
1 cup Mexican cheese blend, shredded
1 package frozen riced cauliflower
10 oz can of Rotel (any style you like) or 1 cup salsa
1 pkg of creamy chicken protein soup mix
½ cup hot water



Directions

1. Thaw cauliflower and spread in the bottom of casserole dish.
2. Top with chunks of chicken, pepper and black beans.
3. Stir soup mix with hot water until mixed and add tomatoes/salsa (not drained).
4. Pour over entire casserole.
5. Sprinkle with cheese and bake at 350 degrees for 45 minutes.
6. Serve with sour cream if desired.

Makes 6 servings

Nutrition Facts:

Calories	135
Total Fat	3g
Total Carbohydrates	7.5g
Dietary Fiber	1.5g
Protein	18g

Note: Try using green beans in place of riced cauliflower for a bit of variation!