

CHICKEN BEAN BURRITO CASSEROLE

1/8 tsp. Black pepper

12 flour tortillas

2 green onions sliced

2 boneless skinless chicken breast halves

1 can black beans, drained, rinsed

1-1/4 cup salsa

1 cup cooked rice

1 cup shredded cheddar or jack cheese

1/2 cup frozen corn, thawed

1 tsp chili powder

1/2 tsp salt

1. In medium saucepan, bring 1 inch of water to boil over medium heat. Add chicken, reduce to low heat. Cover and simmer 15 minutes till chicken is tender. Remove chicken from water and cool.
2. Preheat oven to 375deg. Coat 9x13" casserole dish with nonstick spray.
3. Cut chicken into small pieces. In medium bowl, combine chicken, beans, 1/2 cup salsa, rice, 1/2 cup of cheese, corn, chili powder, salt and pepper, mix well. Spread about 1/3 cup of chicken mixture on each tortilla; roll up. Put burritos in dish with 3/4 cup salsa over top. Cover and bake 20 minutes. Remove from oven; put rest of cheese on top. Bake uncovered 10 longer. Top without green onions.

Serves 6.