



Cheesy Chicken Monterey

6 servings

Prep Time: 10 minutes Cook Time: 10 minutes

1 package Knorr® Rice Sides™ - Chicken flavor

2 cups (11 oz.) frozen corn kernals

1 can (11 oz.) no-sodium added black beans, rinsed and drained

1 Tbsp. chopped jalapeno

1-1/2 lbs. boneless, skinless chicken breasts, thinly sliced

1/2 cup shredded low-fat Monterey Jack cheese

- 1.) Prepare Knorr® Rice Sides™ - Chicken flavor according to package directions. Stir in corn, beans and jalapenos.
- 2.) Meanwhile, heat 1 tablespoon vegetable oil in large nonstick skillet over medium-high heat and cook chicken, stirring frequently, until chicken is thoroughly cooked, about 4 minutes.
- 3.) Arrange Rice mixture on serving platter, then top with chicken and cheese.

Nutritional Information 1 serving :

Calories 340 , Calories from Fat 50 , Total Fat 6 g, Saturated Fat 2 g, Trans Fat 0 g, Cholesterol 80 mg, Sodium 470 mg, Total Carbs 37 g, Dietary Fiber 4 g, Sugars 0 g, Protein 33 g, Vitamin A 4%, Vitamin C 8 %, Calcium 15 %, Iron 10 %