

BLACK BEAN & MIXED RICE CASSEROLE

1 pkg (6 oz) white & wild rice mix	½ c peas
1 can (15 oz) black beans, drained & rinsed	½ c chopped onion
Vegetable cooking spray	½ c whole kernel corn
½ c chopped green pepper	1 ½ c fat-free sour cream
½ c chopped red pepper	1 ½ c sliced mushrooms (4 oz)
2 t Italian seasoning	Salt
1 lb boneless, skinless, chicken breast cooked & cubed (2 ½ c)	Pepper
1 ¼ c (5 oz) shredded reduced fat or fat free cheddar cheese	

Cook rice according to package directions, discarding spice packet.

Spray medium skillet with cooking spray, heat over medium until hot. Add onion, green and red pepper, mushrooms and Italian seasoning; cook, covered, over medium heat until mushrooms are wilted, about 5 minutes. Cook, uncovered, until vegetables are tender and excess moisture gone, 5 to 8 minutes.

Combine rice, mushroom mixture, chicken, beans, corn, peas, sour cream and 1 cup cheese; season to taste with salt and pepper. Spoon into 2 qt casserole; sprinkle with remaining ¼ c cheese. Bake, uncovered, at 350° until hot, about 30 minutes.

Makes 8 main dish servings.