

Simple Cooking with Heart



When we cook at home we tend to eat healthier—consuming more fruits, vegetables and whole grains and less saturated fat, sodium, added sugars and calories. **Simple Cooking with Heart** was created by the American Heart Association and Walmart to encourage you to cook more at home by giving you all the tools and skills you need to get started, stay motivated and have fun!

Cooking at home is simple, quick and affordable. Visit our website, heart.org/simplecooking, to find more than 150 free recipes, view videos teaching basic cooking skills, and access resources to help you start and keep making healthy meals at home.

Interested in inspiring others to cook healthier? It's easy! Our Demonstration Kit shows you how to host an entertaining and informative event featuring our delicious, budget-friendly recipes. We even have a kit to introduce kids to basic cooking and nutrition information.

Funded nationally by



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Kid-Friendly Light King Ranch Chicken Casserole

6 servings | About \$3.35 per serving

INGREDIENTS:

Cooking spray

2 pounds skinless, boneless uncooked chicken breast cutlets OR 4 cups cubed cooked chicken breast

1 (10.75-ounce) can low-sodium Cream of Mushroom soup

1 (14.5-ounce) can no-salt-added diced tomatoes, drained and rinsed

1 (15.25-ounce) can no-salt-added corn kernels, drained and rinsed

1 tablespoon chili powder

1 (14.4-ounce) bag frozen pepper stir-fry (onions & peppers), thawed and drained

8 (6-inch) corn tortillas, cut into 1-inch strips

1/2 cup shredded fat-free cheddar cheese

1 (4-ounce) can diced green chiles, drained and rinsed (optional)

PREPARATION:

Preheat oven to 350° F. Coat large pan with cooking spray and sauté chicken on medium high heat until fully cooked, about 7-8 minutes per side. Let cool and cut into cubes. In large bowl, combine soup, tomatoes, corn, chili powder, stir-fry pepper mix, cooked chicken, and green chiles (if using). Coat 9x13 baking dish with cooking spray. Cut tortillas into 1-inch strips. Pour 1/3 chicken mixture in dish and layer half the tortilla strips on top.

Repeat with another layer of 1/3 chicken mixture and remaining tortilla strips. Add remaining 1/3 chicken mixture and sprinkle cheese on top. Bake until warm and bubbly, about 30-40 minutes.

Remove from oven and let sit 5 minutes before serving.

PER SERVING

Calories	401.2
Total Fat	8.8 g
Saturated Fat	1.3 g
Trans Fat	0.0 g
Polyunsaturated Fat	2.6 g
Monounsaturated Fat	3.0 g
Cholesterol	100.5 mg
Sodium	572.8 mg
Carbohydrates	38.2 g
Dietary Fiber	5.5 g
Total Sugars	9.9 g
Protein	40.6 g

[heart.org/simplecooking](https://www.heart.org/simplecooking)