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## Easy Mexican Bake

**Prep Time: 15 Min | Start to Finish: 45 Min | 3 Servings**

1 tablespoon Bisquick Heart Smart® mix  
1/2 cup canned Mexican-style stewed tomatoes, drained,  
liquid reserved  
1 cup Progresso® red kidney beans (from 19 oz can), drained, rinsed  
1/2 cup cut-up cooked chicken breast  
1/2 cup Green Giant® Valley Fresh Steamers® Niblets® frozen corn  
2/3 cup Bisquick Heart Smart® mix  
1/4 cup fat-free (skim) milk  
2 tablespoons fat-free egg product or 1 egg white

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### Directions

1. Heat oven to 400°F. Spray 1-quart casserole with cooking spray.
2. In casserole, beat 1 tablespoon Bisquick mix and the reserved liquid from tomatoes with wire whisk until blended.
3. Stir in beans, chicken, corn and tomatoes; cut up large tomato chunks. Microwave on High 3 minutes; stir.
4. In small bowl, beat 2/3 cup Bisquick mix, the milk and egg product with wire whisk until blended. Pour over mixture in casserole.
5. Bake uncovered 23 to 28 minutes or until golden brown.

**Did You Know:** You can freeze leftover veggies or beans in a resealable plastic freezer bag. Toss them into stews or soups for another meal.

1 Serving: Calories 260 (Calories from Fat 30); Total Fat 3.5g (Saturated Fat 0g, Trans Fat 0g); Cholesterol 20mg; Sodium 470mg; Potassium 540mg; Total Carbohydrate 41g (Dietary Fiber 5g); Protein 17g % Daily Value: Vitamin A 6%; Vitamin C 4%; Calcium 20%; Iron 15%; Vitamin D 4% Carbohydrate Choices: 3

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