

Plate Dream

Chicken Enchilada Rice Casserole – 35-Minute Dinner

15 min Prep time	**25 min** Cook time	**40 min** Total time
4 Servings	**Easy** Difficulty	**Mexican-American** Cuisine

Ingredients

Main Ingredients

- [ ] 1 lb chicken breast, diced
- [ ] 1 cup long grain rice, rinsed
- [ ] 1 ½ cups enchilada sauce
- [ ] 1 cup shredded cheddar cheese
- [ ] 1 cup shredded Monterey Jack cheese
- [ ] 1 cup frozen corn kernels
- [ ] 1 tsp cumin
- [ ] ½ tsp smoked paprika
- [ ] 2 tbsp lime juice
- [ ] 1 tbsp honey
- [ ] 2 tbsp olive oil
- [ ] Salt and pepper to taste

For the Garnish

- [ ] ¼ cup fresh cilantro, chopped
- [ ] ¼ cup sliced green onions
- [ ] Optional: sliced jalapeños

Instructions

1. Preheat the oven to 375°F (190°C). In a large skillet, heat olive oil over medium heat and sauté the diced chicken until lightly browned, about 5 minutes.
2. Add cumin, smoked paprika, salt, and pepper; stir for 30 seconds until fragrant.
3. Stir in the rice, corn, lime juice, honey, and enchilada sauce; bring to a gentle simmer, then remove from heat.
4. Transfer the mixture to a greased 9-x-13-inch baking dish, spreading evenly.
5. Top with the cheddar and Monterey Jack cheese, covering the surface fully.
6. Cover with foil and bake for 20 minutes, then remove the foil and bake an additional 5-7 minutes until the cheese is bubbly and lightly golden.
7. Let the casserole rest for 5 minutes, then sprinkle cilantro, green onions, and optional jalapeños before serving.

Nutrition per serving

420 kcal	28 g	45 g	14 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the sauce looks too thick before baking, add a splash of chicken broth.
- For extra smoky flavor, stir in a pinch of chipotle powder.
- Leftovers reheat well in a skillet with a splash of water to steam.