

Tex Mex Chicken & Zucchini Skillet

One skillet packed with protein, fiber, and color! All your meal in one pan in made in 30 minutes; now that's my kind of meal. This is a combo of chicken breast, bell peppers, onion, corn, zucchini, beans, tomatoes, and seasonings topped with cheese and cilantro. Bring the Tex Mex style to your kitchen.

Ingredients:

1 tbsp	Oil (I use avocado or olive oil)
1 medium	Onion, chopped
3 cloves	Garlic, minced
2 medium	Bell peppers, chopped
1 lb	Boneless skinless chicken breast, cut into 1" pieces
1 cup	Corn kernels (I buy the frozen corn in steamable bags)
2 large	Zucchini, diced
14 oz	No salt added black beans
14 oz	No salt added diced tomatoes
1 pkg	Reduced sodium taco seasoning
2 tbsp	Cumin
TT	Ground black pepper
1 cup	Reduced fat Mexican blend shredded cheese
½ cup	Cilantro, chopped
Optional	Sour cream, avocado, salsa, hot sauce (for topping)

Directions:

1. Heat oil in large deep skillet with lid over medium heat. Mix in onion, garlic, and bell pepper. Sautee for 5 minutes then move to one side of the pan.
2. Add the cut chicken into the skillet on the empty side (opposite of the veggies). Mix cumin and black pepper in with the chicken until all pieces are coated. Cook until chicken is white and almost completely cooked through (no pink remaining)
3. Pour in corn, zucchini, black beans, tomatoes, and taco seasoning. Stir well. Cover and let cook for 10-15 minutes, stirring occasionally to prevent sticking at the bottom of the pan.
4. Add shredded cheese over the top. Cook until cheese is melted on top.
5. Garnish with chopped cilantro and add any additional toppings.
6. Serve and enjoy 😊

Servings: 6
 Serving size: about 1 ¾ cups

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Nutrition Facts		
Serving Size: 1 Serving		
Amount Per Serving		% Daily Value*
Calories	312.5 kcal	16 %
Total Fat	9 g	14 %
Saturated Fat	3.1 g	16 %
Trans Fat	0 g	
Cholesterol	60 mg	20 %
Sodium	312.7 mg	13 %
Total Carbohydrate	30.8 g	10 %
Dietary Fiber	7.6 g	30 %
Sugars	8.6 g	
Protein	28 g	56 %
Vitamin A	45 %	Vitamin C 155 %
Calcium	21 %	Iron 19 %

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Full Info at cronometer.com </>