

TEX MEX CHICKEN ZUCCHINI

INGREDIENTS

1 TBSP OIL
1 MEDIUM ONION, FINELY CHOPPED
2 MEDIUM BELL PEPPERS, CHOPPED
1 TBSP CUMIN
1 TBSP MINCED GARLIC
1 LB BONELESS & SKINLESS CHICKEN BREASTS,
DICED
1 CUP FROZEN CORN
14 OZ CAN LOW SODIUM BLACK BEANS, DRAINED &
RINSED
14 OZ CAN LOW SODIUM DICED TOMATOES
2 LARGE ZUCCHINI, DICED
1 TBSP TACO SEASONING
1/2 CUP COLBY JACK CHEESE, SHREDDED

INSTRUCTIONS

1. HEAT LARGE SKILLET ON MEDIUM HEAT AND OIL.
2. SAUTE ONION, AND BELL PEPPER FOR 3 MINUTES.
3. SEASON WITH CUMIN AND GARLIC. ADD CHICKEN. COOK FOR ABOUT 5 MINUTES.
4. ADD CORN, BEANS, TOMATOES, ZUCCHINI, TACO SEASONING.
5. STIR, COVER AND COOK ON LOW-MEDIUM FOR 10 MINUTES.
6. TOP WITH CHEESE AND ENJOY!

