



Southwest Chicken Skillet

Serves: 4 people Total Cook Time: 45 minutes



Ingredients

- 1.5lb boneless chicken (breast or thighs), diced
- 3 tsp Mexican/taco seasoning
- 1 large Bell pepper, cut into matchsticks
- 2 medium zucchini/squash
- 1 cup canned yellow corn
- 2 Limes
- 3 cups cooked rice
- 1 clove garlic, minced, or 1 tsp garlic powder
- Cooking oil
- Salt/pepper to taste

Instructions

1. Cut chicken into 1-inch pieces, drizzle with 1 teaspoons cooking oil and 1 teaspoon of Mexican seasoning
2. Heat skillet to medium-high heat. Add diced chicken to skillet and cook for 4-6 minutes, until cooked through. Remove from skillet and set aside.
3. Add bell pepper, corn and garlic to skillet, sprinkle with remainder of Mexican seasoning, continue to cook over medium heat stirring frequently until peppers are softened, 5-8 minutes
4. Slice zucchini and add to the skillet, add salt and pepper to taste and cook for 4 minutes
5. Return chicken back to skilled, add 2 tablespoons of lime juice and mix
6. Remove from heat and serve with rice
7. Cook rice according to package directions