

Tex Mex Chicken and Zucchini (Low Carb),

c/o Olena Ospipov of ifoodreal.com

- 1 lb. boneless/skinless chicken breasts cut into 1" pieces
- 2 lg zucchini, diced
- 2 med bell peppers, chopped
- 1 med onion, finely chopped
- 3 lg garlic cloves, minced
- 1 C corn, frozen or fresh
- 1 T oil for frying
- 14 oz. low sodium black beans, drained & rinsed
- 14 oz. low sodium diced tomatoes, not drained
- 1 t cumin, divided
- 1 t salt
- Ground black pepper to taste
- 1 C Tex Mex or Colby Jack cheese, shredded
- 1/2 C green onions, chopped
- 1/2 C cilantro, chopped

Instructions:

- Preheat large (12") deep skillet on low-medium heat and swirl oil to coat.
- Add onion, garlic and bell pepper; saute for 3 minutes, stirring occasionally.
- Move vegetables to the side of the skillet and add chicken.
- Sprinkle with 1 t cumin, salt and black pepper.
- Cook for about 5 minutes, stirring occasionally.
- Add corn, beans, tomatoes, zucchini, taco seasoning and remaining cumin.
- Stir, cover and cook on low-medium for 10 minutes (or until zucchini is al dente)
- Sprinkle with cheese, cover and cook for a few minutes or until cheese has melted.
- Top with green onion and cilantro.
- Serve hot, on its own or with brown rice or quinoa. Or as a garnish, feel free to add sour cream, cilantro and black olives after the cheese was melted.
- Top with crushed tortilla chips. Use as a filling in low carb wraps, garnished with sliced avocado.
- Can be refrigerated for up to 3-4 days. Do not freeze.
- To reheat: Simmer on low heat in a skillet for 5 minutes covered. If you use non-stick skillet, you should not need any water or oil to reheat the dish as again zucchini will release water.

Nutrition:

Serving: 1.75 cups / Calories: 323kcal / Carbohydrates: 19g / Protein: 25 g/ Fat: 11g / Saturated Fat: 7g / Cholesterol: 68mg / Sodium: 699mg / Potassium: 689mg / Fiber: 5g / Sugar: 7g / Vitamin A; 1837IU / Vitamin C: 68mg / Calcium: 175mg / Iron: 2mg