

Tex Mex Chicken & Zucchini

1 tbsp olive oil

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1 medium onion, finely chopped

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1 1/2 tbsp minced garlic

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2 medium bell peppers, chopped

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1 lb boneless & skinless chicken breasts,
cut into 1" pieces

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1 cup corn, frozen

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2 medium zucchini, diced

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15 oz can black beans, drained & rinsed

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14.5 oz can diced tomatoes

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1 tsp taco seasoning

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1 tbsp cumin, divided

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1 tsp salt

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Ground black pepper to taste

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1 cup Colby Jack cheese, shredded

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1. Wash hands with warm soapy water for 20 seconds. Make sure to scrub under your fingernails, around the wrists, and in between your fingers.
2. Preheat large deep skillet on low – medium heat and swirl oil to coat. Add onion, garlic and bell pepper; sautee for 3 minutes, stirring occasionally.
3. Move vegetables to the side of the skillet and add chicken. Sprinkle with 1 tsp cumin, salt, and black pepper. Cook for about 5 minutes, stirring occasionally.
4. Add corn, beans, tomatoes, zucchini, taco seasoning, and remaining cumin. Stir, cover and cook on low – medium for 10 minutes.
5. Sprinkle with cheese, cover and cook for a few minutes or until cheese has melted. Serve hot.
6. Refrigerate leftovers for 3-4 days.