



Prep: 20 minutes



Cook: 17 minutes



Servings: 4

Salsa Chicken Skillet

INGREDIENTS

2 Tbsp olive oil
1 lb boneless, skinless chicken breast,
cut into 1/2-inch pieces
1/2 lb fresh mushrooms, *sliced*
1 medium green pepper, *chopped*
1 small onion, *chopped*
2 ribs celery, *chopped*
1 clove garlic, *chopped*
1/2 cup frozen corn, *thawed and drained*
1 can (~15 oz) Black Beans, any variety,
drained
2 cups salsa, mild or spicy
2 cups cooked white rice
1/4 cup cheddar cheese, *shredded*
Optional topping: 1/4 cup sour cream

DIRECTIONS

1. Heat 1 tablespoon of oil in a 10-inch skillet over medium-high heat. Add chicken pieces; brown slightly. Remove chicken and set aside.
2. Wipe skillet; heat remaining olive oil.
3. Add mushrooms, green pepper, onion, celery, garlic, corn and beans. Bring to simmer. Stir in chicken and salsa; return to simmer. Cook 5-7 minutes.
4. Serve over rice, topping with cheddar cheese.
5. Add optional toppings, as desired.

Nutrition Information per serving (without sour cream):

Calories 647	Carbohydrate 92g	Calcium 110mg (8%)
Total Fat 13.6g	Fiber 6g	Iron 8mg (46%)
Saturated Fat 2.7g	Sugars 3.7g	Potassium 1100mg (23%)
	Protein 38g	



**Canned
Beans**
OPEN THE POSSIBILITIES