

One-Skillet Salsa Chicken

EASY recipe

2 tsp extra-virgin olive oil

1 onion, diced

1 lb. boneless skinless chicken
breasts, cut into 1-inch pieces

1 tsp chili powder

½ tsp salt

1 cup frozen corn niblets

1 tomato, diced

1½ cups no-added-salt
black beans, drained

¾ cup salsa

½ cup shredded light
cheddar cheese

¼ cup freshly chopped cilantro



Heat the olive oil in a large skillet over medium heat. **Add** onion and chicken. **Sprinkle** with chili powder and salt. **Sauté** until chicken reaches an internal temperature of 165°F, about 10 minutes. **Add** corn, tomato, beans and salsa. **Stir** and cook about 2 minutes. **Top** with cheese and cover with foil so cheese melts. **Sprinkle** with cilantro and serve warm.

Serves 4. Per serving:

273 calories | 24g protein | 7g total fat | 2g saturated fat | 3g mono fat | 2g poly fat | 33g carbohydrate | 4g sugar | 9g fiber | 525mg sodium