

MEXICAN CHICKEN ZUCCHINI SKILLET

Yield: 4 min
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/mexican-zucchini-and-chicken-recipe>

Ingredients:

- 1 1/4 pounds skinless chicken breasts boneless &, cut into bite sized pieces
- 1 tablespoon coconut oil or olive oil
- 4 garlic cloves fresh, minced
- 1 red onion diced
- 2 medium zucchini or yellow squash, diced
- 3 bell peppers medium, different colors diced
- 1 cup corn organic, frozen or fresh
- 3 teaspoons chili powder
- 3 teaspoons ground cumin
- sea salt
- pepper
- 1 cup cherry tomatoes chopped
- 1/4 cup cilantro leaves chopped
- 1/4 cup shredded cheese choice optional

Nutrition:

1. Calories: 330 calories
2. Carbohydrate: 23 grams
3. Cholesterol: 100 milligrams
4. Fat: 11 grams
5. Fiber: 6 grams
6. Protein: 36 grams
7. SaturatedFat: 6 grams
8. Sodium: 440 milligrams
9. Sugar: 8 grams

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