

Fiesta Chicken Skillet

This chicken skillet recipe is a festive meal with lots of flavors and healthy ingredients. All of it is cooked in just one pan, so clean up is a breeze.

Recipe Type: Entree, Chicken, Skillet **Degree of Difficulty:** Easy

Ingredients

- 1 pound Chicken Breast, cut into thin strips
- 1 1/2 cups Corn fresh or frozen (thawed)
- 1 1/2 cups Fresh Zucchini diced
- 15 ounces Black Beans canned, drained
- 1 can Diced Tomatoes
- 1 cup Tomato Sauce
- 1/2 cup Feta Cheese, crumbled
- 1 tablespoon Cumin
- 1 tablespoon Oregano dried
- 1 tablespoon Chili Powder Seasoning
- 1 pinch Cayenne Pepper
- 1 1/2 teaspoons Kosher Salt
- 1 tablespoon Extra Virgin Lite Olive Oil
- 1 tablespoon Garlic Powder or minced garlic



Directions

1. Cut chicken breasts into thin strips.
2. Combine cumin, oregano, chili powder and cayenne pepper in a small bowl and stir to mix together.
3. Season chicken with 1 tsp of spice mix and 1/2 tsp salt. Keep remaining spice mixture.
4. In a large non-stick skillet, heat 1 tsp oil on medium-high heat.
5. Cook chicken until cooked through and browned about 4 - 5 minutes. Be sure to flip chicken half way through cooking.
6. Remove chicken from pan and place on a plate.
7. Add garlic and remaining olive oil and spice mix. Stir to blend flavors.
8. Add corn and zucchini to pan. Cook for about 4 minutes until tender. Be sure to stir often.
9. Add remaining ingredients and place chicken (and any juices) back into the pan.
10. Cover and let simmer for approximately 5 minutes for the flavors to blend.
11. Remove from heat. Place on plates and sprinkle with the crumbled feta cheese and serve.

Cooking Times

Prep Time: 25 minutes **Cooking Time:** 25 minutes

Nutrition Facts - Fiesta Chicken Skillet

Nutrition facts shown below are per serving. The number of serving is noted in the header section below. The serving size is the first item noted on the nutrition facts table.

Number of Servings: 8 Serving Size 1 cup

Nutrition (per serving): Calories 215, Total Fat 6g, Sat Fat 2g, Cholesterol 42mg, Sodium 1047mg, Carbohydrates 20g, Fiber 5g, Sugar 5g, Protein 20g

MyWW Points

Green: 6 pts

Blue: 1 pts

Purple: 1 pts

Other Weight Watchers Points

Points Plus: 5 pts

Original Points: 4 pts

For all WW points the zucchini and tomatoes are not included in the calculation. For the Blue and Purple plans, all ingredients except the olive oil, and feta cheese are used to calculate the MyWW SmartPoints values.

Tips

Make sure the pan is large enough to cook all the chicken. If not, you will need to cook the chicken in batches.