



Nourish Recipe

Skillet Chicken with Vegetables

Servings: 4

Prep: 10 minutes

Cook: 10 minutes

Ready: 20 minutes

Ingredients

2 TBSP butter

½ large (about 4 cups) cooked rotisserie chicken, deboned and chopped

1 TBSP garlic, minced

¼ tsp paprika

3 cups zucchini, broccoli, or other vegetable of choice, fresh or frozen

1 14.5 oz can low-sodium diced tomatoes

½ cup shredded Parmesan cheese

Cooked brown rice for serving, optional



Nourish to Perform, Feel and Look your Best



Tip 1: This recipe is high in Vitamin A, which helps support bone health, your immune system, and good vision.

Tip 2: Easy clean-up: this quick, 20-minute recipe only uses one pan!



Tip 3: Nutrient-dense vegetables like zucchini and broccoli contain high levels of Vitamin C to boost immunity and help lower blood pressure.

What you'll need



measuring
spoons



measuring
cups



large skillet

Skillet Chicken with Vegetables

Instructions

1. Preheat a large skillet on medium-high heat and add butter (2 TBSP).
2. When butter is melted, add garlic (1 TBSP), paprika (¼ tsp) and chicken (4 cups).
3. Add the vegetables (3 cups) and tomatoes (14.5 oz) and mix well. Bring to a simmer and cook, uncovered, for 5-8 minutes until vegetables are tender-crisp. Do not overcook zucchini.
4. Add the cheese (½ cup), mix well and remove from heat.
5. Serve alone or with cooked brown rice.

Nutrition Facts

Servings 4

Amount Per Serving

Calories **378**

% Daily Value

Total Fat 15g **23%**

Saturated Fat 4g **19%**

Monounsaturated Fat 2g

Polyunsaturated Fat 0g

Trans Fat 0g

Cholesterol 18mg **6%**

Sodium 424mg **18%**

Potassium 199mg **6%**

Total Carbohydrate 8g **3%**

Dietary Fiber 2g **9%**

Sugars 3g

Protein 48g **95%**

Vitamin A **74%**

Vitamin C **61%**

Calcium **111%**

Iron **5%**



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