Southwest Chicken Skillet

Ingredients

2 lb boneless skinless chicken thighs, cut into bite-sized pieces

Oil for chicken

For BOTH chicken and vegetables, a dash of: oregano, paprika, cumin, garlic powder, black pepper

Salt TT

2 red bell peppers, cut into strips

1 can corn kernels

2 cloves of garlic

3 zucchini, medium dice

2 T lime juice

2 T fresh cilantro, minced

Procedure

1. Saute chicken over medium-high heat until cooked through, then move to bowl and sprinkle with salt and seasoning mix
2. Add bell pepper, corn and garlic to the same pan and sprinkle with 2nd half of the seasoning mix and some salt.
3. Cook over medium-high heat for 5-6 minutes
4. Add zucchini, and continue cooking for another 3-4 minutes
5. Move vegetables to the bowl with the chicken, deglaze pan with lime juice, and pour over chicken
6. Add minced cilantro to bowl, mix well and portion out