

Tex Mex Chicken and Zucchini

Ingredients

- 1.5 lbs chicken breast or chicken tenderloins cut into 1 inch pieces
- 2 bell peppers (any color works), chopped
- 1 medium onion chopped
- 2 large zucchini, diced
- 1 cup corn (I use frozen)
- 1 can ranch style beans—do not drain
- 1 TBS corn starch or arrow root starch
- 1 can rotel (drain off excess juice)
- 2 TBS olive oil
- 2 TBS taco seasoning (siete is a great store bough option)
- 3 garlic cloves, minced
- $\frac{3}{4}$ cup mexican blend chees

Directions

1. Preheat the oven to 400 degrees.
2. Chop onion, peppers, zucchini and chicken. Place ingredients on a large baking sheet, lined with parchment paper. Add corn, and a drained can of rotel. Add 1 TBS of cornstarch OR arrowroot starch to the can of ranch style beans. Mix together (in the can), and then add to your sheet pan. Drizzle ingredients with 2 TBS olive oil. Add taco seasoning and mix gently. Spread out into a single layer
3. Bake on the center rack for 20-25 min (chicken should be 165 degrees) Remove, and top with mexican blend cheese. Put back in oven for 2 minutes on the top rack until cheese is melted
4. Remove and garnish with cilantro, green onions, jalapenos, salsa or whatever you love!
5. This goes great with brown rice, or cilantro lime rice

MADE WITH LOVE

by Teresa Forehand