

Saturdays

with the

Chef

Tex Mex Chicken Zucchini Skillet

- 1 tbsp oil
- 1 medium onion, finely chopped.
- 3 large garlic cloves, minced
- 2 medium bell peppers, chopped
- 1 lb. Boneless chicken cut into 1 inch pieces
- 1 cup corn, frozen or fresh
- 2 large zucchini, diced
- 14 oz can of black beans, drained and rinsed.
- 14 oz can of diced tomatoes or fresh tomatoes
- 1 tsp taco seasoning
- 1 tbsp cumin, divided
- 1 tsp salt
- Ground pepper to taste
- 1 cup Tex Mex or Colby jack cheese, shredded
- ½ cup green onions, chopped

Preheat large deep skillet on low-medium heat and swirl oil to coat. Add onion, garlic and bell pepper; sauté for 3 minutes, stirring occasionally. Move vegetables to the side of the skillet and add chicken. Sprinkle with 1 tsp of cumin, salt and black pepper. Cook for about 5 minutes, stirring occasionally. Add corn, beans, tomatoes, zucchini, taco seasoning and remaining cumin. Stir, cover and cook on low-medium heat for 10 minutes. Sprinkle with cheese, cover and cook for a few minutes or until cheese is melted. Top with green onion. Serve hot on its own or with rice.

Zucchini Noodle Salad

- 1 zucchini, noodle cut
- 1 bell pepper diced
- 1 red bell pepper diced
- 1 medium onion diced
- 1 cup grape tomatoes halved
- 1 cup cucumber diced
- 1 cup zesty Italian dressing

Mix vegetables together and toss with dressing.



www.kingsporttn.gov | 423-224-2821

KingsportFarmersMarket.org