



Creamy Southwestern Chicken Skillet



1/2 of recipe: 326 calories, 9.5g total fat (4g sat. fat), 657mg sodium, 27g carbs, 5g fiber, 8g sugars, 33g protein

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Prep: 10 minutes **Cook:** 10 minutes

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Ingredients

8 oz. raw boneless skinless chicken breast, cut into bite-size pieces
1/8 tsp. salt
1/8 tsp. black pepper
1/2 cup chopped bell pepper
1/2 cup chopped onion
1/2 cup frozen sweet corn kernels
1/2 cup canned black beans, drained and rinsed
1/4 cup salsa
1/4 cup light/reduced-fat cream cheese
Optional topping: light sour cream, cilantro

Directions

Bring a skillet sprayed with nonstick spray to medium-high heat. Add chicken, and season with salt and black pepper. Add bell pepper and onion. Cook and stir until veggies have slightly softened, about 4 minutes.

Add corn and beans and stir. Cover and cook for 4 minutes, until corn is hot.

Reduce heat to medium low. Add salsa and cream cheese. Cook and stir until chicken is fully cooked and entire dish is hot, about 1 minute.

MAKES 2 SERVINGS

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