

Tex Mex Chicken and Zucchini

This recipe requires (1) large, deep skillet.

- 1 tbsp avocado or coconut oil
- 1 medium onion, finely chopped
- 3 large garlic cloves, minced
- 2 medium bell peppers, chopped
- 1 lb boneless & skinless chicken breasts, cut into 1" pieces
- 1 cup corn, frozen or fresh
- 2 large zucchini, diced
- 14 oz can low sodium black beans, drained & rinsed
- 14 oz can low sodium diced tomatoes, not drained
- 1 tsp store bought or **homemade taco seasoning**
- 1 tbsp cumin, divided
- 1 tsp salt
- Ground black pepper, to taste
- 1 cup Tex Mex or Colby Jack cheese, shredded
- 1/2 cup green onions, chopped
- 1/2 cup cilantro, chopped

