

Chicken

One-Pan Chicken Vegetable Medley

Everyday EverRoast Recipe Book

www.boarshead.com

Servings: 4

- 1 tablespoon canola oil
- 1/2 small or medium yellow onion, finely diced
- 1 tablespoon garlic, minced
- 1 cup mushrooms, sliced
- 1 cup broccoli florets
- 1 cup carrots, sliced
- 1/4 cup red bell pepper, diced
- 1 1/4 pounds Boar's Head EverRoast Chicken Breast, sliced
- 1 1/2 cups canned black beans
- 1 cup chunky salsa
- 1 large flour tortilla, cut into narrow strips
- 1/4 pound Boar's Head Vermont Cheddar cheese, sliced 1/2-inch thick

Heat the oil in a non-stick skillet over medium heat. Saute' the onions and garlic until lightly browned.

Add the broccoli, mushrooms, carrots and bell peppers. Cook, covered, just a few minutes until crisp-tender.

Stir in the EverRoast chicken, beans and salsa. Cook until warmed through.

Sprinkle with the tortilla strips and cheese. Cook another few minutes to melt the cheese.

Per Serving (excluding unknown items): 205 Calories; 6g Fat (24.8% calories from fat); 8g Protein; 30g Carbohydrate; 8g Dietary Fiber; 0mg Cholesterol; 404mg Sodium. Exchanges: 1 1/2 Grain(Starch); 1/2 Lean Meat; 1 1/2 Vegetable; 1 Fat.