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## SOUTHWEST 3 BEAN & CHICKEN ONE PAN DINNER

**SERVES: 4 SERVINGS | PREP & COOK TIME: 37 MINUTES**

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### INGREDIENTS

- 2 tablespoons avocado oil, or other favorite oil
- 1 medium sweet potato, diced
- 1/4 cup chopped red onion
- 1 red bell pepper, seeded and chopped
- 1 cup frozen corn kernels
- 1 can (15 ounces) READ 3 Bean Salad
- 1 packet (0.85 ounce) no sodium or reduced sodium taco/fajita seasoning
- 12 ounces frozen precooked chicken strips, thawed
- 1/4 cup shredded Mexican cheese blend
- Thinly sliced green onions

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### INSTRUCTIONS

1. Preheat broiler with oven rack 6 inches from heat.
2. Heat large oven-safe skillet over medium-high heat. Add oil to skillet; swirl to coat.
3. Add sweet potato. Cook 10 minutes, or until sweet potato is almost tender, stirring occasionally.

4. Add onion, bell pepper and corn. Cook 5 to 7 minutes or until onion and bell pepper are tender.
  5. Stir in bean salad and taco seasoning packet. Cook 5 minutes, stirring occasionally to blend well.
  6. Nestle chicken strips into bean mixture. Sprinkle with cheese. Broil 2 to 3 minutes or until chicken is heated through and cheese is bubbly. Sprinkle with green onions, as desired.
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**FIND IT ONLINE:** <http://www.readsalads.com/recipes/2019/5/15/southwest-3-bean-amp-chicken-one-pan-dinner>

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