

Cilantro Lime Chicken Succotash

Recipe makes 6 meals

Ingredients

- 1 lb Lean Ground Chicken
- 1.5 cups Reduced Fat Mozzarella, shredded
- 2 cans (15 oz ea) Corn, drained
- 15 oz can Black Beans, drained, rinsed
- 10 oz can Diced Tomatoes with Green Chilies, drained
- 1 oz pack McCormick Grill Mates Mojito Lime Marinade Seasoning
- 2-3 Tbsp Cilantro, chopped
- 2 Tbsp Lime Juice (about 1 lime)
- 1 Tbsp Olive Oil
- 1 Tbsp Garlic Powder
- 1/2 Tbsp Onion Powder
- 1/2 tsp Ground Coriander
- Salt and Pepper to taste



Nutrition Profile

- per meal -

Calories - 393
Fat - 14g
Carbohydrates - 39g
Protein - 31g
***Fiber - 7g**

Estimated Cost
Per Meal

\$1.71

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Instructions

1. Start by heating a large skillet over medium-high heat and add in 1 Tbsp of olive oil. Once your oil is hot, add in your ground chicken and cook until no longer pink, breaking it up in the process.

2. Once your chicken is cooked through, add in 1 Tbsp of garlic powder, 1/2 Tbsp onion powder, 1/2 tsp ground coriander, and the juice from one lime. Mix everything together.

3. Next, add in your cans of drained corn, can of drained and rinsed black beans, and can of drained diced tomatoes. Mix well.

4. Add in your packet of mojito lime seasoning and mix well. Let this continue to cook on medium for about 10 minutes, stirring occasionally.

5. After 10 minutes, turn off the heat and mix in 2-3 Tbsp of chopped cilantro, or more if you prefer.

6. Give it a taste, and add salt and pepper to preference.

7. Portion out into your meal containers, top each serving with 1/4 cup of cheese, and enjoy!



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Notes

- **These portions are a little smaller than my other recipes. If you have a larger appetite, or you just want to bulk this up a bit, you could double the ground chicken, add extra veggies of choice, or serve it over a bed of rice.**
- **For even distribution of meals among meal containers, you can either estimate the portions, or weigh the entire batch, and divide that number by your number of meal containers. This recipe makes six meals, so it would be the total weight, divided by six. That will be your portion size per meal.**
- **If storing for meal prep, place into freezer safe meal containers, and place in the freezer for freshness. Take the meal out of the freezer and place it in the refrigerator the night before to let the meal thaw out.**