FLEURISH / DOCTOR'S KITCHEN

Pollo con calabacitas

a colorful chicken & squash skillet

Golden chicken and tender squash with a juicy tomato finish.



Serves 2 **Prep 10 min** **Cook 15 min** **Total 25 min**

INGREDIENTS

- ☐ 1 large chicken breast (8 to 10 oz), boneless and skinless
- ☐ 1 medium zucchini or Mexican grey squash
- ☐ 1 medium tomato (or 2 Romas)
- ☐ 1/2 cup corn
- ☐ 1/4 medium onion
- ☐ 2 garlic cloves
- ☐ 3/4 tsp ground cumin
- ☐ 3/4 tsp kosher salt, divided
- ☐ 1 tbsp oil, divided
- ☐ 2 tbsp water, if needed

LET'S COOK

☐ **1. Prep**

Cut vegetables first: zucchini into 1/2-inch cubes, tomato and onion into dice; mince garlic. Drain canned corn; frozen corn can go in frozen. Cut chicken into 3/4-inch pieces, pat dry and season with 1/4 tsp salt.

☐ **2. Brown the chicken**

Heat 2 tsp oil in a 10- to 12-inch skillet over medium-high. Add chicken in one layer; cook 2 minutes, turn, then cook 3 to 4 minutes. The largest piece must reach 165 F; cook 1 minute more and recheck if needed. Transfer to a clean plate.

☐ **3. Cook the vegetables**

Lower to medium. Add remaining 1 tsp oil, onion and garlic; stir 1 minute. Add zucchini and corn; cook about 5 minutes until lightly browned and tender.

☐ **4. Bring it together**

Add tomato, cumin and remaining 1/2 tsp salt. Cook 3 minutes, scraping the pan; add up to 2 tbsp water if dry. Return chicken and juices; stir 1 minute until hot. Taste and divide between 2 bowls.

After raw chicken, wash hands, knife and board with hot soapy water. Refrigerate within 2 hours; keep 3 to 4 days. Reheat to 165 F.