

Smart Nutrition for Consistent Energy

## Cheesy Chicken & Veggie Skillet

Serves 4

### Ingredients

3 tablespoons olive oil

1½ pounds chicken breast, cut in bite-sized pieces

½ teaspoon dried basil

½ teaspoon dried thyme

½ teaspoon paprika

¼ teaspoon salt

1 pound (about 6 cups) frozen broccoli cuts, florets and stems

1 15-ounce can (1½ cups) garbanzo beans, rinsed and drained

½ cup shredded cheddar cheese

### Directions

Heat oil in a large skillet over medium heat. Add chicken, spices and salt. Cook chicken for 2-3 minutes, stirring periodically.

Add frozen broccoli; cook, stirring periodically, until broccoli thaws, about 3-4 minutes.

Add chickpeas and cook until mixture is heated through, 2-3 minutes.

Remove from heat and stir in cheddar cheese. Garnish with additional cheddar cheese, if desired.



Nutrition Facts	
Cheesy Chicken & Veggie Skillet	
Amount per Serving	
Calories	<b>569</b>
	% Daily Value*
Fat 23g	35%
Saturated Fat 6g	38%
Trans Fat 1g	
Cholesterol 124mg	41%
Sodium 476mg	21%
Potassium 1337mg	38%
Carbohydrates 39g	13%
Fiber 12g	50%
Sugar 7g	8%
Protein 53g	106%
Vitamin A 955IU	19%
Vitamin C 105mg	128%
Calcium 225mg	23%
Iron 5mg	28%

\* Percent Daily Values are based on a 2000 calorie diet.