

Fiesta Chicken

INGREDIENTS

- 3 cups shredded rotisserie chicken
- 1 cup salsa (your choice of mild, medium, or spicy)
- 1 (4 oz) can diced green chilies
- 1 tablespoon taco seasoning
- 1 cup bell peppers, sliced
- ½ cup onion, sliced
- 1 tablespoon olive oil (or avocado oil)
- Serves 4

DIRECTIONS

In a large skillet, heat olive oil over medium heat. Add sliced peppers and onions. Sauté 5–6 minutes, until softened and slightly caramelized. Stir in taco seasoning, green chilies, and salsa. Let simmer for 2–3 minutes to blend flavors. Add shredded rotisserie chicken to the skillet. Stir well to coat evenly with the sauce. Cook another 5 minutes, until heated through and saucy. Enjoy as-is, or serve over rice, in tortillas, or on top of greens for a quick bowl.
Add in more greens, quinoa and avocado to bulk the heart healthy nutritional value adding omega-3's and more fiber.

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