

Chicken and Corn Skillet

This cheesy chicken and corn skillet combines ground chicken, fresh sweet corn, veggies, black beans, spices, and cheese for a delicious one-pan meal. Packed with protein, complex carbs, and fiber. Gluten-free, high protein, and easily made dairy-free without cheese.



5 from 1 vote

 Course	Main Course
 Cuisine	American
 Keyword	chicken and corn
 Prep Time	8 minutes
 Cook Time	22 minutes
 Total Time	30 minutes
 Servings	4 servings
 Calories	456kcal
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Equipment

- large nonstick skillet

Ingredients

- 1/2 tablespoon olive oil
- 1 pound ground chicken (I used 93/7)
- 1 cup diced onion (120 grams)
- 2 cups diced bell peppers (240 grams)
- 1 15-ounce black beans, drained and rinsed
- 2 heaping cups sweet corn kernels, cut off the cob (300 grams)
- 1/2 cup salsa
- 2 tablespoons tomato paste
- 1 1/2 teaspoon chili powder
- 1 1/2 teaspoon garlic powder
- 1 teaspoon paprika
- 1 heaping cup shredded cheddar cheese (2.5 ounces)
- salt and pepper, to taste
- *for topping: avocado, diced tomatoes, sour cream, greek yogurt, lime juice, cilantro...*
- *for serving: rice, cauliflower rice, tortilla shells, tortilla chips...*

Instructions

1. **Cook your chicken.** Heat a large nonstick pan (it needs to be large) over medium heat, add 1/2 tablespoon oil, and let it get hot. Add ground chicken, breaking it up with a spatula or meat chopper, and season with salt and pepper. Cook for 5-7 minutes until browned on the outside and cooked through. Remove from pan (leaving behind the juices) and set aside.

2. **Cook your veggies.** Add onions and a little salt and pepper and saute for 3-4 minutes, stirring occasionally. Next, add the peppers and mix well to combine. Saute for another 4-5 minutes, stirring occasionally. The veggies should be tender at this point.
3. **Bring it all together.** Turn down the heat to low and add your cooked ground chicken (with the juices), black beans, corn, salsa, tomato paste, and spices to the pan and mix well to combine. Let warm through, about 2-3 minutes. Finally, sprinkle with shredded cheese to cover the chicken mixture and let melt, for about 1-2 minutes. If needed, you can cover the pan with a lid.
4. **Top with optional toppings and enjoy!**

Nutrition

Serving: 1serving (1/4 of recipe) | Calories: 456kcal | Carbohydrates: 45.5g | Protein: 36.6g | Fat: 16.7g | Saturated Fat: 5.9g | Polyunsaturated Fat: 1.5g | Monounsaturated Fat: 3.1g | Cholesterol: 104mg | Sodium: 754mg | Potassium: 1342mg | Fiber: 12.2g | Sugar: 10g | Vitamin A: 206IU | Vitamin C: 86mg | Calcium: 211mg | Iron: 4mg