



Healthy HARVEST

Easy taco skillet

This is a totally adaptable, quick, delicious and nutritious meal to feed the whole family! Use whatever veggies you like or have on hand and feel free to choose whatever protein fits your preference.

Will serve about 4-6, depending on serving sizes

Ingredients:

BASE: use what you have!

- Olive oil/avocado oil/grapeseed oil/canola oil/vegetable oil
- 1 small yellow or red onion (or half a large), diced
- 2-3 cloves garlic, minced
- 1-2 tablespoons red or white wine vinegar
- 1 taco seasoning packet OR 1 tbsp cumin, ½ tbsp coriander, salt and pepper to taste
- If you like smoky: 1 tsp or so smoked paprika
- If you like spicy: ½ tsp (more or less per preference) cayenne pepper or red pepper flakes

PROTEIN: choose 1 or more!

- 1 lb lean ground chicken/turkey/beef, **OR** 1lb chicken breast/tenderloins sliced into thin strips **OR** 2 cups shredded rotisserie chicken **OR** 2-3 cans black beans/ pinto beans

POSSIBLE VEGGIES: choose 1 or more!

- 1 can corn, drained
- 1-2 bell peppers, any color, large dice
- 1 sweet potato, diced
- 8 oz mushrooms, sliced
- 1 small zucchini, diced

POSSIBLE ADD-INS / toppings: choose any!

- Jar of your favorite salsa OR enchilada sauce OR canned diced tomatoes
- ½-1 cup shredded cheese (mozz or Mexican cheese blend, or cheddar cheese)
- 2-3 green onions, minced
- Juice from 1 or 2 limes
- Cilantro to top (if you don't like it- leave it out!)
- Diced avocado, to top
- Cholula, hot sauce or more salsa



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Optional sides to serve: tortillas, tortilla chips, brown rice, quinoa

Directions:

***IF USING SWEET POTATOES:** dice potatoes into uniform cubes, microwave for 1-2 minutes, just until slightly soft. Heat a large skillet over medium and add a drizzle of oil. Add microwaved sweet potato to skillet, seasoning with a little salt and pepper and cook until slightly browned on all sides, stirring to heat evenly. Remove from skillet onto a plate and set aside.

***IF USING GROUND MEAT OR CHICKEN BREAST/TENDERLOIN:** place meat in the skillet and season with ½ taco seasoning packet OR 1-2 tsp each cumin and coriander and a pinch of salt and pepper. Break the ground meat into pieces/stir the chicken until no longer pink and cooked all the way through. Once meat is cooked, remove from skillet into a dish and set aside.

Add a little more oil to the pan if needed and add diced onion with a pinch of salt and pepper to the pan and cook until slightly browned and fragrant, about 3-5 minutes. Add other veggies to pan along with the garlic and cook another 3-5 minutes until slightly soft and fragrant. Sprinkle with taco seasoning or the cumin/coriander and stir into the veggies.

Add the cooked meat OR shredded chicken / drained beans to the pan with the veggies and stir to combine. Add in some salsa / enchilanda sauce/ drained diced tomatoes and stir to combine.

From here, add in red wine vinegar to taste as well as green onion, lime juice, cheese and seasonings such as more cumin/coriander/ smoked paprika/ cayenne / salt or pepper.

Top with cheese, diced avocado and/or minced cilantro, if you like! Serve with any of the suggested sides and enjoy!