

Chicken and Vegetable Skillet



Serving Size

4



Skill Level

Moderate



Diet Type

Dialysis

Ingredients

- 16 ounces skinless/ boneless chicken breast
- 1 red bell pepper
- 1 yellow bell pepper
- 6 asparagus spears
- 1/2 onion
- 1/4 cup low-sodium chicken broth
- 1/4 tsp ground pepper
- 1 tbsp olive oil
- 1 tsp salt free Cajun seasoning
- 1/2 tbsp parsley, garnish

Directions

1. Cut chicken breast into 1 inch cubes and chop vegetables into desired bite sized pieces
2. Season chicken breast with pepper and Cajun seasoning
3. Heat a skillet over medium heat and add olive oil
4. Place seasoned chicken into skillet and cook for 5 minutes, stirring occasionally
5. Once chicken is mostly cooked add chopped vegetables and low-sodium chicken broth
6. Cook until vegetables are soft and chicken reaches an internal temperature of 165 F
7. Top with parsley and enjoy!

Nutrition Facts

Serving Size: 4 ounces of chicken along with 2/3 cup vegetable

Amount per serving

Calories 250

Sodium	116 mg
Potassium	470 mg
Phosphorus	285 mg
Carbohydrates	7 g
Protein	36 g