

Lunch | Dinner

Chicken & Confetti-Colored Vegetable Succotash

15 Mins
Prep Time

15 Mins
Cook Time

6
Servings

 **445 Calories** **13g Fat** **22g Carbs** **58g Protein**



Ingredients

 **6 Servings** • **Approximately 1 Cup Serving Size**  **30 Mins Total Time**  **Allergens: Soy, FODMAPs**

2 Tbsp Extra Virgin Olive Oil

½ Cup Red Pepper, diced

½ Cup White Onion, diced

1 Tsp Garlic Powder

1 Tsp Thyme

Salt and Pepper, to taste

1 Bag (2 Cups) Frozen Corn

1 Bag (2 Cups) Frozen Edamame 

1 Rotisserie Chicken, shredded, about 3 cups 

2 Tbsp Lemon Juice

Allergen Swap

Soy Replace the edamame with black beans or cannellini beans

FODMAPs Omit the whole onion, omit the garlic powder, replace edamame with cannellini beans

Nourishment Note



Chicken

Chicken is a lean source of protein and may provide your body with the building blocks it needs to build healthy cells.



Edamame

Edamame is a lean source of protein to help your body build new and healthy cells.

Instructions

1. Heat Oil in Skillet

In a skillet, heat 2 tablespoons extra virgin olive oil over medium heat.

2. Cook Onions & Pepper

Add the onions and pepper and cook until soft, about 3-4 minutes.

3. Add Seasonings

Add the garlic powder, thyme, salt, and pepper to taste.

4. Add Corn & Edamame

Add the corn and edamame and cook for another 5-7 minutes.

5. Cook Chicken

Add the chicken and cook on medium-high until heated through.

6. Season

Season with lemon juice and more salt and pepper, if necessary.

7. Serve

Enjoy warm.

Recipe created by Meijer Specialty Pharmacy
Registered Dietitians

What You'll Need



Measuring Cups



Measuring Spoons



Large Skillet



Spatula



Large Mixing Bowl



Lemon Juicer



Cutting Board



Knife

RA Cooking Tips

- Purchase pre-diced red pepper and onion in your local grocer's produce department.
- Purchase pre-shredded rotisserie chicken in the local grocer's deli.
- Purchase shelled, frozen or refrigerated edamame.
- Use lemon juice in a bottle, instead of freshly squeezing it yourself.