



Fiesta Chicken and Black Beans

Jacob · 29/09/2024



Prep Time

30 mins

Difficult

Medium

Servings

4

Description

Turn boneless skinless chicken breasts into a vibrant healthful onepot meal with plump GOYA lowsodium black beans sweet red onion crunchy red bell pepper and creamy avocado Add your favorite salad or cornbread for a sensational black bean chicken dinner in just 30 minutes

Ingredients

- - 2 tablespoons GOYA® Extra Virgin Olive Oil
- divided - 4 (5 ounce) boneless
- skinless chicken breast fillets - GOYA® Adobo All-Purpose Seasoning with Pepper
- to taste - ½ red onion
- finely chopped - ½ red bell pepper
- finely chopped - 1 (15.5 ounce) can GOYA® Low Sodium Black Beans
- drained and rinsed - ½ cup fresh corn kernels - 1 avocado
- finely chopped - 1 tablespoon GOYA® Lemon Juice - 1 tablespoon finely chopped fresh cilantro

Instructions

1. Heat 1 tablespoon oil in a large skillet over medium-high heat. Season chicken with Adobo seasoning. Cook chicken in hot oil
2. flipping once
3. until golden brown on both sides and cooked through
4. 5 to 7 minutes. Transfer chicken to a plate; tent with foil to keep warm. Heat remaining 1 tablespoon oil in the skillet; add onions and peppers. Cook and stir until tender
5. about 5 minutes. Stir in black beans and corn. Continue cooking until warmed through
6. about 2 minutes. Remove pan from heat. Stir in avocado
7. lemon juice
8. and cilantro until combined. Divide chicken among 4 serving plates; top with black bean mixture. Serve warm.