

# GARLIC CHICKEN, Zucchini & Corn

Recipe of the Month | JULY

## INGREDIENTS

### Chicken:

1 lb chicken breast, cut into 1" pieces  
1 tsp sesame seed, coconut or avocado oil  
1 large garlic clove, crushed  
1/4 tsp salt  
Ground black pepper, to taste

### Zucchini and Corn:

1.5 lbs zucchini, cut into half moon shapes

2 cups corn, frozen or fresh  
1 tsp sesame seed, coconut or avocado oil  
1 large garlic clove, crushed  
1/2 tsp salt  
Ground black pepper, to taste

### Garnish:

1 garlic clove, crushed (optional)  
1/4 cup dill, parsley or green onions, chopped

## DIRECTIONS

**Chicken:** Preheat cast iron skillet on medium heat and swirl oil to coat. Add garlic and cook for 10 seconds. Then add chicken, sprinkle with salt and pepper to taste. Cook for 10 minutes uncovered, stirring occasionally. Transfer to a bowl and set aside.

**Zucchini and Corn:** Cook the same way as Chicken but for 6 - 7 minutes.

Add chicken back to skillet and stir. Remove from heat, sprinkle with herbs and more garlic if you wish, stir. Serve hot or cold (I know) with any salad or brown rice, quinoa, potatoes etc.

### Storage Instructions:

Refrigerate in a glass airtight container for up to 5 days.



## WAC Fun Food Fact

Zucchini, a summer squash, is naturally low in calories (1 cup is 20 calories), sodium, fat, and cholesterol making it a delicious addition to any meal. This high potassium food helps reduce blood pressure by counteracting some of the effects of salt in our diet. Zucchini is also high in vitamin c, magnesium and fiber-when the peel is eaten as well. The most flavorful and nutrient dense zucchinis are small-to-medium sized and darker in color. Enjoy!

### Nutritional Info:

Servings Per Recipe: 6  
Amount Per Serving = 1  
1/4 cups:  
Calories: 165.0  
Total Fat: 2.6 g

Cholesterol: 36.7 mg  
Sodium: 346.8 mg  
Total Carbs: 17.3 g  
Dietary Fiber: 3.1 g  
Protein: 19.9 g

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