

Chicken and Sausage Skillet with Zucchini, Red Peppers, and Wild Rice

Yield: 6 servings

Gluten-free
Dairy-free

RECIPE CUSTOMIZATION

To make it low-FODMAP, omit garlic and swap onion for green part of green onions or chives

Ingredients

2 Tbsp avocado oil
1 onion, thinly sliced
1 red bell pepper, thinly sliced
1 cup mushrooms, thinly sliced
1 cup zucchini, thinly sliced
1 lb chicken breast, ½ inch cubes
1 lb Italian sausage links, cut into ½ inch slices
28 oz stewed tomatoes, undrained
3 garlic cloves, minced
1 tsp dried basil
1 tsp dried oregano
3 cups wild rice, cooked

Directions

1. Heat avocado oil (1 Tbsp) in a large skillet.
2. Add onion, red bell pepper, mushrooms, and zucchini. Sauté over high heat until vegetables begin to brown. Remove veggies and set aside.
3. In the same pan, heat avocado oil (1 Tbsp), and add chicken and Italian sausage. Cook until these have begun to brown.
4. Add stewed tomatoes (28 oz), garlic (3 cloves), basil (1 tsp), and oregano (1 tsp).
5. Bring up to a simmer. Stir in the reserved vegetables.
6. Cover and continue to simmer for 5–10 minutes to allow flavors to blend.
7. Stir in the wild rice, or serve over the top of the rice.



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Nutrition Facts

Serving size 1 (15.7oz)

Amount Per Serving **445g**

Calories **427**

% Daily Value

Total Fat 14.6g **22%**

Saturated Fat 3.9g **20%**

Cholesterol 87mg **29%**

Sodium 740mg **31%**

Total Carbohydrate 33g **11%**

Dietary Fiber 5g **21%**

Sugars 9g

Protein 42g **85%**

Vitamin A **19%**

Vitamin C **72%**

Calcium **10%**

Iron **24%**