

# 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
<b>Calories</b>	<b>427</b>
	<b>% Daily Value</b>
<b>Total Fat</b> 14.6g	22%
Saturated Fat 3.9g	20%
<b>Cholesterol</b> 87mg	29%
<b>Sodium</b> 740mg	31%
<b>Total Carbohydrate</b> 33g	11%
<b>Dietary Fiber</b> 5g	21%
<b>Sugars</b> 9g	
<b>Protein</b> 42g	85%
Vitamin A	19%
Vitamin C	72%
Calcium	10%
Iron	24%