



Pollo Chiflado This dish from Panama translates to “Crazy Chicken”

Serves 6

INGREDIENTS

2 boneless chicken breasts*

½ onion, chopped

½ red or orange bell pepper, chopped

½ green or yellow bell pepper, chopped

3 cloves of garlic

1 carrot, thinly sliced

½ cup frozen broccoli

½ yellow or green squash, cut into 1 inch pieces

3 tablespoons canola or vegetable oil

½ teaspoon pepper

¼ teaspoon salt

DIRECTIONS

1. Cut the chicken breasts into 1-inch squares.
2. Smash the garlic and mix it with the cut chicken breasts to marinate.
3. Heat the oil in a large pan at medium heat and add the cut chicken breasts.
4. Sauté the chicken until it turns brown.
5. Add the chopped onion and sauté for one minute, then add the bell peppers, broccoli, squash and sliced carrots and sauté for an additional 6 minutes.

**Salmon can be substituted for chicken in this dish if desired.*

NUTRITION:

Nutrition info for chicken version only.

180 calories

19 g protein

200 mg phosphorus

440 mg potassium

390 mg sodium