

## One Skillet Chicken and Vegetables

2 tbsps. olive oil  
4 boneless, skinless chicken breasts, cut into one inch pieces  
½ cup chopped onion  
½ tsp. of salt  
½ tsp. of Italian seasoning  
¼ tsp. of pepper  
1 can (14.5 oz.) diced tomatoes  
1 bag (16 oz.) of frozen broccoli  
1 cup of shredded mozzarella cheese



In 12-inch nonstick skillet, heat olive oil over medium-high heat. Add chicken, onion, salt, Italian seasoning and pepper. Cook 4 to 5 minutes, turning occasionally, until chicken is no longer pink in center and browned. Reduce heat to medium.

Stir in tomatoes and frozen vegetables. Cover and cook 15 to 20 minutes or until vegetables are tender and heated through.

Sprinkle with cheese. Cover and cook 1 to 2 minutes or until cheese is melted.

**Sandy Holterhaus, RDN, LD, CYT**  
[sandra.holterhaus@rockwellcollins.com](mailto:sandra.holterhaus@rockwellcollins.com)



**Collins Aerospace**

REC CENTER

# Recipes Using Frozen Vegetables



**Frozen vegetables are convenient and easy to use. Vegetables for freezing are picked at the peak of freshness and nutrient quality, flash freezing helps reduce losses in nutrient value.**

**Sandy Holterhaus, RDN, LD, CYT**  
Collins Aerospace Rec Center

## Frozen Vegetable “Thai Style” Stir Fry

- 2 tablespoons soy sauce
- 1 tablespoon brown sugar
- 2 teaspoons garlic powder
- 2 teaspoons peanut butter
- 2 teaspoons olive oil
- 1 (16 ounce) package frozen mixed vegetables



Combine soy sauce, brown sugar, garlic powder and peanut butter in a small bowl.

Heat oil in a large skillet over medium heat; cook and stir frozen vegetables until just tender, 5 to 7 minutes. Remove from heat and fold in soy sauce mixture.

Note: Stir fried chicken can be added, if desired.



## Fried Rice with Frozen Vegetables

- 1 tablespoon oil
- 3 eggs, lightly beaten
- 1 (14.5 ounce) can chicken broth
- 1 (16 ounce) package frozen stir-fry vegetables, thawed
- 2 tablespoons soy sauce
- 2 cups Minute® White Rice, uncooked

Heat oil in large skillet on medium heat. Add eggs; cook until set, stirring occasionally. Remove from skillet.

Add broth, vegetables and soy sauce to skillet; bring to boil. Stir in rice; cover. Remove from heat. Let stand 5 minutes. Stir in cooked eggs. Serve immediately.

## Vegetable Beef Soup

- 1/2 pound ground beef
- 1 (14.5 ounce) can stewed tomatoes
- 1 (8 ounce) can tomato sauce
- 2 cups water
- 1 (10 ounce) package frozen mixed vegetables
- 1/4 cup dry onion soup mix
- 1 teaspoon white sugar

In a large pot over medium high heat, sauté the ground beef for about 5 minutes, or until browned. Drain off excess fat. Add the tomatoes, sauce, water, vegetables, soup mix and sugar. Bring to a boil and reduce heat to low. Cover and simmer for 20 minutes.