

Download The Healthy Southwest Table

This quick and easy southwest chicken skillet dinner uses rotisserie chicken, fresh veggies, canned beans and simple spices for a delicious meal that's ready in just 15 minutes! Don't you just love sweet potatoes? Talk about a versatile spud. It can be everything from breakfast, to dessert, to the star of a soup, to a side dish, to a main course. And it just happens to be a superfood filled with antioxidants and anti-inflammatory and disease fighting components. Today I stuff a sweet 'tater southwest style. Add a ... Get dinner on the table on a busy day with ease with this load-&-go crock pot recipe. This zesty soup can simmer in the crock pot for an entire workday, making it perfect for a busy weekday meal. Bump up the Southwest flavors with a garnish of chopped fresh cilantro and a squeeze of lime, if desired. To provide information about disabled sports in the Southwest region