



## BBQ Chicken Mexican Street Corn in a Mug



Entire recipe: 345 calories, 8.5g total fat (4g sat. fat), 539mg sodium, 35g carbs, 2g fiber, 15g sugars, 31g protein

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**Prep:** 5 minutes    **Cook:** 5 minutes or less



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### Ingredients

3/4 cup frozen sweet corn kernels, thawed  
3/4 tsp. taco seasoning  
2 tbsp. chopped fresh cilantro, divided  
1 1/2 tbsp. whipped cream cheese  
1 tbsp. crumbled feta cheese  
3 oz. cooked and chopped skinless chicken breast  
1 1/2 tbsp. BBQ sauce  
Optional topping: jalapeño pepper slices

### Directions

Spray a microwave-safe mug (or bowl) with nonstick spray. Add thawed corn, taco seasoning, 1 tbsp. cilantro, cream cheese, and feta. Cover and microwave for 45 seconds, or until hot. Mix until uniform.

In a medium bowl, toss chicken with BBQ sauce. Spoon over the corn mixture. Microwave for 45 seconds, or until hot.

Top with remaining 1 tbsp. cilantro.

MAKES 1 SERVING

**HG FYI:** Not all taco seasonings are gluten free, so read labels carefully if that's a concern.

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