



Street Corn & Chicken Bake



1/4 of recipe: 354 calories, 14.5g total fat (3.5g sat. fat), 465mg sodium, 23g carbs, 3.5g fiber, 5.5g sugars, 31g protein

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Prep: 15 minutes **Cook:** 35 minutes



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Ingredients

1/2 cup light mayonnaise
3 tbsp. fat-free plain Greek yogurt
1 1/2 tsp. honey
1 tsp. chili powder
1 tsp. ground cumin
2 cups frozen sweet corn kernels, slightly thawed (fire roasted, if available)
1 lb. raw boneless skinless chicken breast cut into bite-sized pieces
1/2 cup chopped fresh cilantro, or more for topping
1/2 cup finely chopped red onion
1/2 cup crumbled feta cheese, divided

Directions

Preheat oven to 375°F. Spray an 8" X 8" baking pan with nonstick spray.

In a large bowl, combine mayo, yogurt, honey, chili powder, and cumin. Mix until uniform. Add corn, chicken, cilantro, onion, and 1/4 cup cheese. Mix well.

Transfer mixture to the baking pan, and smooth out the top. Bake until chicken is fully cooked and entire dish is hot and bubbly, 30-35 minutes.

Serve topped with remaining 1/4 cup cheese.

MAKES 4 SERVINGS

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