



Baked Elote-Topped Chicken



1/4 of recipe: 267 calories, 8.5g total fat (3g sat. fat), 417mg sodium, 17g carbs, 1g fiber, 4g sugars, 29g protein

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Prep: 10 minutes **Cook:** 30 minutes

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Ingredients

Four 4-oz. raw boneless skinless chicken breast cutlets
1/4 tsp. garlic powder
1/4 tsp. onion powder
1/4 tsp. salt
2 cups frozen sweet corn kernels, thawed
3 tbsp. whipped cream cheese
2 tbsp. light mayonnaise
1 tsp. lime juice
1 tsp. taco seasoning
1/8 tsp. cayenne pepper
1/4 cup chopped fresh cilantro, divided
1/4 cup crumbled feta cheese

Directions

Preheat oven to 350°F. Spray a 9"X13" baking pan with nonstick spray.

Place chicken in the pan. Season with garlic powder, onion powder, and salt.

In a large bowl, combine corn, cream cheese, mayo, lime juice, taco seasoning, and cayenne pepper. Mix until uniform. Stir in 2 tbsp. cilantro.

Spoon corn mixture over chicken. Bake until chicken is cooked through, about 30 minutes.

Top with feta and remaining 2 tbsp. cilantro.

MAKES 4 SERVINGS

HG Tip: This recipe works with any frozen corn, but for added flavor, try a roasted variety like those by Trader Joe's and [Green Giant](#)!

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

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