



BBQ Chicken and Corn Tacos



1/2 of recipe (2 tacos): 347 calories, 10g total fat (3g sat. fat), 422mg sodium, 36.5g carbs, 2.5g fiber, 11.5g sugars, 28.5g protein

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Prep: 5 minutes **Cook:** 10 minutes

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Ingredients

8 oz. raw extra-lean ground chicken (at least 98% lean)
1/4 tsp. garlic powder
1/4 tsp. onion powder
1/3 cup frozen sweet corn kernels
3 tbsp. BBQ sauce, or more for topping
Four 6-inch corn tortillas
3 tbsp. reduced-fat shredded cheddar cheese
2 tbsp. chopped fresh cilantro

Directions

Bring a skillet sprayed with nonstick spray to medium-high heat. Add chicken and seasonings. Cook and crumble for about 5 minutes, until chicken is fully cooked. Add corn. Cook and stir until hot, about 1 minute.

Remove skillet from heat. Add BBQ sauce, and stir to coat.

Place tortillas between damp paper towels, and microwave for 15 seconds, or until warm.

Fill tortillas with chicken mixture, cheese, and cilantro.

MAKES 2 SERVINGS

Wanna see just how easy this is to make? [Click to watch!](#)

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