



Mexican Street Corn & Chicken Bowl



Entire recipe: 337 calories, 8.5g total fat (4g sat fat), 683mg sodium, 29.5g carbs, 6g fiber, 8.5g sugars, 37g protein

Green Plan [SmartPoints](#)® value 6*

Blue Plan (Freestyle™) [SmartPoints](#)® value 2*

Purple Plan [SmartPoints](#)® value 2*

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



More: [Lunch & Dinner Recipes](#), [Single Serving](#), [30 Minutes or Less](#)

Ingredients

- 1 1/2 cups frozen riced cauliflower
- 2 tbsp. chopped fresh cilantro, or more for topping
- 1/2 cup frozen sweet corn kernels
- 3 oz. cooked and chopped skinless chicken breast
- 1 wedge The Laughing Cow Creamy Light cheese (or 1 tbsp. light/reduced-fat cream cheese)
- 2 tbsp. crumbled feta cheese

Seasonings:

- 1 1/2 tsp. taco seasoning

Directions

Bring a skillet sprayed with nonstick spray to medium-high heat. Add cauliflower and 1 tsp. taco seasoning. Cook and stir until hot, about 3 minutes.

Transfer to a medium bowl, and stir in 1 tbsp. cilantro. Cover to keep warm.

Remove skillet from heat; clean, if needed. Respray and return to medium-high heat. Add corn, and cook and stir until lightly blackened, about 4 minutes. Add chicken and remaining 1/2 tsp. taco seasoning. Cook and stir until hot, about 1 minute.

Remove skillet from heat. Add cheese wedge, 1 tbsp. feta, and remaining 1 tbsp. cilantro. Stir until thoroughly mixed and cheese wedge has melted.

Transfer to the medium bowl, and top with remaining 1 tbsp. feta.

MAKES 1 SERVING

[SmartPoints](#)® value* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the **[SmartPoints](#)® values*** of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

*The **[SmartPoints](#)® values** for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the **[SmartPoints](#)®** trademark.