



## Mexican Street Corn Chicken & Cauli' Rice Mug



Entire recipe: 340 calories, 11.5g total fat (5.5g sat. fat), 570mg sodium, 26g carbs, 4.5g fiber, 7.5g sugars, 33.5g protein

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



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### Ingredients

1 cup frozen riced cauliflower  
1/2 cup frozen sweet corn kernels  
1 1/2 tsp. taco seasoning, divided  
3 oz. cooked and chopped skinless chicken breast  
2 tbsp. chopped fresh cilantro, or more for topping  
2 tbsp. whipped cream cheese  
2 tbsp. crumbled feta cheese, divided

### Directions

Spray a large microwave-safe mug (or bowl) with nonstick spray. Add cauliflower, corn, and 1 tsp. taco seasoning. Cover and microwave for 1 1/2 minutes, or until cauliflower and corn have thawed.

Add chicken, cilantro, cream cheese, 1 tbsp. feta, and remaining 1/2 tsp. taco seasoning. Mix until uniform. Microwave for 1 minute, or until hot.

Top with remaining 1 tbsp. feta.

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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