



Mexican Street Corn Chicken Smashed Tacos



1/2 of recipe (2 tacos): 329 calories, 9.5g total fat (3g sat. fat), 831mg sodium, 33g carbs, 15.5g fiber, 4g sugars, 34.5g protein

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Prep: 10 minutes **Cook:** 15 minutes

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Ingredients

- 8 oz. raw extra-lean ground chicken (at least 98% lean)
- 2 tbsp. crumbled feta cheese
- 2 tbsp. finely chopped onion
- 1 tbsp. + 1/4 tsp. taco seasoning, divided
- 4 street-taco-sized corn tortillas
- 3/4 cup frozen sweet corn kernels, thawed
- 1 1/2 tbsp. whipped cream cheese
- 1 tbsp. light mayonnaise
- 1/2 tsp. lime juice
- 1 dash cayenne pepper
- 2 tbsp. chopped fresh cilantro

Directions

In a medium bowl, combine chicken, feta, onion, and 1 tbsp. taco seasoning. Mix thoroughly. Press one fourth of the chicken mixture onto each tortilla.

Bring a large skillet sprayed with nonstick spray to medium heat. Place two tortillas in the skillet, side by side and chicken-sides down. Using a spatula, smash the tortillas flat into the pan. Cook until chicken is fully cooked, about 4 minutes.

Flip tortillas. Cook until lightly toasted, about 2 minutes. Transfer to a plate.

Clean skillet, if needed. Respray, and return to medium heat. Repeat with remaining two chicken-topped tortillas.

In a microwave-safe bowl, combine corn, cream cheese, mayo, lime juice, cayenne pepper, and remaining 1/4 tsp. taco seasoning. Mix until uniform. Microwave for 30 seconds, or until warm.

Spoon corn mixture over the loaded tortillas, top with cilantro, and fold to form tacos.

MAKES 2 SERVINGS

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

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