



Street Corn & Chicken Bake



1/4 of recipe: 354 calories, 14.5g total fat (3.5g sat. fat), 465mg sodium, 23g carbs, 3.5g fiber, 5.5g sugars, 31g protein

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Prep: 15 minutes **Cook:** 35 minutes



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Ingredients

- 1/2 cup light mayonnaise
- 3 tbsp. fat-free plain Greek yogurt
- 1 1/2 tsp. honey
- 1 tsp. chili powder
- 1 tsp. ground cumin
- 2 cups frozen sweet corn kernels, slightly thawed (fire roasted, if available)
- 1 lb. raw boneless skinless chicken breast cut into bite-sized pieces
- 1/2 cup chopped fresh cilantro, or more for topping
- 1/2 cup finely chopped red onion
- 1/2 cup crumbled feta cheese, divided

Directions

Preheat oven to 375°F. Spray an 8" X 8" baking pan with nonstick spray.

In a large bowl, combine mayo, yogurt, honey, chili powder, and cumin. Mix until uniform. Add corn, chicken, cilantro, onion, and 1/4 cup cheese. Mix well.

Transfer mixture to the baking pan, and smooth out the top. Bake until chicken is fully cooked and entire dish is hot and bubbly, 30–35 minutes.

Serve topped with remaining 1/4 cup cheese.

MAKES 4 SERVINGS

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