

Mexican Street Corn Chicken Bowl

Recipe makes 6 meals

Ingredients

- **1.5 lbs Boneless Skinless Chicken Breast, chopped**
- **36 oz bag Frozen Kernel Corn**
- **1 cup Cotija Cheese**
- **1/2 cup Light Sour Cream**
- **1/4 cup Light Mayonnaise**
- **4 Garlic Cloves, chopped**
- **1 small Yellow Onion, chopped**
- **2-3 Tbsp Fresh Cilantro**
- **2 Tbsp Lime Juice**
- **2 Tbsp Butter, divided**
- **1 Tbsp Adobo Seasoning**
- **1/2 Tbsp Garlic Powder**
- **1 tsp Paprika**
- **1 tsp Chili Powder**
- **1 tsp Ground Cumin**
- **Salt and Pepper to taste**



Nutrition Profile

- per meal -

Calories - 401
Fat - 14g
Carbohydrates - 35g
Protein - 33g
***Fiber - 4g**

**Estimated Cost
Per Meal**

\$1.67

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Instructions

- 1. Start by adding your chopped chicken into a large mixing bowl along with 1 Tbsp of adobo seasoning. Mix to coat.**
- 2. Heat a large skillet over medium-high heat and add in 1 Tbsp of butter. Once your butter is melted, add in your seasoned chicken and cook until no longer pink in the middle. When done, remove it from the skillet and set it aside.**
- 3. Return that same skillet back to the stove over medium-high heat and add in 1 Tbsp of butter. Once your butter is melted add in your chopped onion and cook until translucent.**
- 4. Once your onions are cooked through, add in your chopped garlic and cook for 30 seconds, then add in your frozen corn.**
- 5. Cook your corn for 5 minutes, stirring occasionally, then season with 1/2 Tbsp garlic powder, 1 tsp paprika, 1 tsp chili powder, and 1 tsp ground cumin. Mix well and let this cook for another 5 minutes, stirring occasionally.**
- 6. When your corn is done cooking, turn off the heat, add 1 cup of cotija cheese, 1/2 cup light sour cream, 1/4 cup light mayo, 2-3 Tbsp of fresh cilantro, 2 Tbsp of lime juice, and mix well.**
- 7. Once everything is mixed together, give it a taste and add salt and pepper to preference.**
- 8. Portion your corn out into your meal containers, top with your chicken, and enjoy!**



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Notes

- **If you want to bulk this meal up a little and add more fiber and protein, black beans are a great option.**
- **If you cannot find cotija cheese, queso fresco is a good substitute, or you can use whatever cheese you prefer.**
- **For even distribution of meals among meal containers, you can either estimate the portions, or weigh the entire batch, and divide that number by your number of meal containers. This recipe makes six meals, so it would be the total weight, divided by six. That will be your portion size per meal.**
- **If storing for meal prep, place into freezer safe meal containers, and place in the freezer for freshness. Take the meal out of the freezer and place it in the refrigerator the night before to let the meal thaw out.**



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