



Pepper Jack Stuffed Chicken Breast

Ingredients

- 2 ounces sliced pepper jack cheese
- 2 boneless, skinless chicken breast cut in half (around 4 oz pieces)
- 1.5 teaspoon taco seasoning
- 1 tablespoon olive oil

Directions

1. Flatten chicken to ¼ inch thick pieces
2. Place pepper jack cheese (Split between the 2 whole breasts , 1 oz per) on one side of the flattened chicken breast half then place the over half over and secure with toothpicks
3. Place oil in pan and start heating on medium high
4. Rub mexican seasoning all over chicken breasts and then brown each side before transferring to sprayed baking dish
5. Bake uncovered for 25-30 minutes at 350 or until no longer pink. Remove tooth picks before serving

Macros per 6oz serving: 17 Fat / 2 Carbs / 35 Protein



Healthier Mexican Street Corn Salad

Ingredients

- 4 cups corn, canned or cooked corn on the cob
- 1 tbsp olive oil
- 1/2 red bell pepper, diced
- 1/2 red onion, diced
- 1 jalapeno, deseeded and diced small
- 1/2 cup cilantro, chopped
- 1/2 cup Greek yogurt
- 1 large lime, juiced (about 3 tbsp)
- 1 tsp salt
- 1/2 tsp chili powder
- 1/2 tsp cumin
- 1/2 tsp paprika
- 1/3 cup crumbled cotija cheese + a little more for sprinkling on top

Directions

1. In a large skillet add olive oil and heat pan, add corn and cook for 4-6 minutes or until slightly charred. Remove and add to large bowl to cool
2. Chop peppers, onion, jalapeno and cilantro and add to bowl.
3. In a separate bowl combine greek yogurt, lime juice, chili powder, cumin, salt, cheese and whisk together before adding to the large bowl and combining everything.
4. This can be served cold or you can place it in a baking dish and cook in the oven and serve warm.

Makes approximately 10 1/2 cup servings

Per serving 5 Fat / 13 Carb / 4 Protein