

# Chicken and Cream Corn

Courtesy of Carole's Creations

Prep Time: 10 minutes

Cooking Time: 10 – 15 minutes

Serves: 4

**CChints:** Chicken that does not have the bone needs to be covered while cooking so it does not dry out. Always be sure to wash anything that has come in contact with raw chicken, including yourself.



4 boneless, skinless chicken breasts  
1 tablespoon olive oil  
1-1/2 teaspoon smoked paprika, divided  
1/2 teaspoon cumin  
Salt and pepper to taste  
2-1/2 cups frozen corn, thawed and divided  
2 tablespoon skim milk  
1 tablespoon fresh oregano, chopped  
1 tablespoon fresh thyme, chopped  
Dash of salt  
1/3 cup reduced fat sour cream  
1 head of lettuce for a Lettuce Wedge Salad with your favorite dressing  
1 large tomato or 4 roma tomatoes, sliced  
3 tablespoons Bacon Bitts®

Heat a large non-stick pan over medium heat. Rinse and dry chicken with paper towels and cut off any excess fat. Rub both sides of the chicken with the oil and sprinkle with 1 teaspoon of the paprika and all the cumin. Lay each in the pan and cook for 15-20 minutes covered, turning half way through. Check for doneness after 15 minute by cutting into the thickest part of one piece. Wash any surfaces that came in contact with the chicken.

During the time the chicken is cooking you can prepare the corn and salad wedge. Put 1/2 cup corn in a small food processor. Add the milk through salt and pulse until the corn is creamy. Measure the 1/3 cup sour cream in a 1 cup container and add the corn mixture and the remaining 1/2 teaspoon paprika. Stir and blend well, set aside.

To make the Salad Wedges, hold the head of lettuce with the center core down over your kitchen counter. Bang it 1 or 2 times on the counter. Turn it over and use your fingers to wiggle the core back and forth until it comes out. Use a sharp knife to cut the head in half from the core up to the top. Lay the flat side down and cut each half in half. Get out 4 dinner plates and lay cut side up on each plate. Drizzle with your favorite dressing and divide the tomatoes and bacon pieces evenly over the 4 wedges, salt and pepper to taste.

Just before you are ready to plate the meal, put 2 cups of corn in a microwave safe container with a vented cover. Microwave on high for 2 minutes and drain off any excess liquid. Stir in the cream corn mixture and serve immediately because the creamy mixture can cool down the entire dish. You may want to put it all into the microwave for 30 seconds just before serving.

To serve your meal, get a place with your salad wedge and put a piece of chicken on each plate along with a scoop of cream corn.

Enjoy!