

Mexican Street Corn

Ingredients:

- 2 Tbsp Butter
- 2 cups frozen corn
- ¼ cup light mayo
- ¼ cup light sour cream
- 1 lime, juice
- 1 tsp ground cumin
- ½ tsp chili powder
- ½ cup cotija cheese
- ¼ cup cilantro

Prep Time: 10 minutes

Cooking Time: 5 minutes

Equipment:

- Skillet
- Measuring spoon/cups
- Mixing Spoon
- Chef's Knife
- Cutting Board

Servings: 4

Serving Size: 1/3 cup



- 1. Start by melting butter in a skillet over medium heat and add frozen corn. Cook until corn is heated through and stir often
- Once corn is heated add in sour cream, mayo, lime juice, cumin and chilli powder
- 3. Once that is mixed through add half of the cotija cheese and stir
- Once cheese melts garnish with some chopped cilantro and remaining cotija cheese

Variations:

- Add chilli powder to garnish like tajin!
- Try working with canned corn if you have it available!
- If you have the time, try cooking fresh corn for a more authentic taste!

Nutrition Information: 396kcals, 367mg sodium, 10g fat, 41g fiber, 7g protein

Thank You to ASUA, SHAC, UA Campus Health, UA Campus Pantry, and Nutritional Sciences Department



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