

Market District Demo Recipes

Side Dish



THE OHIO STATE
UNIVERSITY

WEXNER MEDICAL CENTER

Healthy Mexican Street Corn

Serves: 6

Modified from: www.SlenderKitchen.com

Items Needed: cutting board, kitchen knife, medium-sized skillet, wooden spoon, large bowl, whisk, measuring cups, measuring spoons

Ingredients:

- 14 ounces frozen corn
- ½ Tablespoon butter
- 2 Tablespoons reduced-fat mayonnaise
- 1 ounce Cotija cheese
- ¼ jalapeno, seeded and finely diced
- ¼ cup cilantro, finely chopped
- 1 clove garlic, minced
- ¼ teaspoon smoked paprika
- ¼ teaspoon chili powder
- Juice of 1 lime
- ¼ teaspoon salt
- Pepper to taste

Directions:

1. Melt butter in a medium sized skillet over medium heat. Add in the corn, and cook for about 10 minutes, stirring occasionally. Remove from heat and set aside.
2. In a large bowl, whisk together the mayo, Cotija cheese, jalapeno, chili powder, smoked paprika, lime juice, and garlic. Stir in the corn and cilantro, and mix until evenly incorporated. Add salt and pepper, taste, and adjust as needed.
3. Cover and refrigerate until chilled if desired, or serve at room temperature. Just before serving, garnish with a sprinkle of smoked paprika.

Nutrition Information (per ½ cup serving):

Calories: 97 Fat: 5 g Carbs: 16 g Protein: 3 g Fiber: 2 g Sodium: 201 mg