

Skillet Street Corn

Using frozen corn in this twist on the Mexican street food staple results in a quick, inexpensive side dish full of cheesy flavor.

YIELD 5 SERVINGS	PREP TIME 5 MIN	TOTAL TIME 20 MIN
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INGREDIENTS

2 Tbsp	Olive Oil
4 cups	Corn, frozen
½ cup	Greek Yogurt, plain nonfat
1 each	Lime, juiced
1 tsp	Ground Cumin
½ tsp	Chili Powder
½ cup	Cotija Cheese, crumbled
¼ cup	Cilantro, chopped



CHEF'S NOTES

This street corn inspired dish is flavorful and full of fiber at 4g per serving. By swapping mayo for Greek yogurt, this Mexican inspired street corn recipe has reduced fat and higher protein per serving.

To achieve the browning on the corn, don't stir too often during the cooking process.

DIRECTIONS

1. Gather all necessary equipment and ingredients. Prepare all ingredients as described above.
2. Place a large nonstick skillet over medium-high heat and add the olive oil once hot. Add the corn and use a wooden spoon to break up any large clumps. Cook in an even layer, stirring occasionally, until heated through and lightly browned, approximately 8-10 minutes.
3. Remove from the heat, let cool for 2-3 minutes, then stir in the Greek yogurt, lime juice, cumin, and chili powder.
4. Add ½ cup of Cotija cheese and the cilantro, stirring until cheese is melted.
5. Sprinkle the remaining cotija cheese on top and serve!

Nutrition Facts

5 servings per container

Serving Size 1/2 cup (183 g)

Amount per serving

Calories 220

% Daily Value *

Total Fat 10g 13%

Saturated Fat 3g 14%

Trans Fat 0g

Cholesterol 15mg 4%

Sodium 190mg 8%

Total Carbohydrate 30g 11%

Dietary Fiber 4g 14%

Total Sugars 13g

Includes 0g Added Sugars 0%

Protein 9g 18%

Vitamin D 0.06mcg 0%

Calcium 130mg 10%

Iron 0.63mg 4%

Potassium 300mg 7%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

