

Mexican Street Corn

- This tasty side dish is a hot weather staple for people with Mexican heritage.
- When served on the cob it is called **elote**. You may also cut the corn off of the cob and mix in the mayo and toppings, like a salad. This type of corn dish is called, **esquites**.
- Corn is a vegetable and a whole grain. When the kernels (or seeds) are dried, they are called whole grains. When it is eaten fresh, frozen or canned, it is a starchy vegetable. Both types have a lot of carbohydrates, but fits into balanced meals!
- When eating corn or corn-based foods, it's a good idea for people who have diabetes to choose 1 corn product as the carb or starch on their plate to maintain balanced blood sugar. Too much corn or starch can spike your blood sugar.

Nutrition Facts	
4 servings per container	
Serving size	1 ear of corn (145g)
Amount per serving	
Calories	170
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 280mg	12%
Total Carbohydrate 24g	9%
Dietary Fiber 3g	11%
Total Sugars 7g	
Includes 0g Added Sugars	0%
Protein 5g	
Vitamin D 0mcg	0%
Calcium 56mg	4%
Iron 1mg	6%
Potassium 333mg	8%
<small>*The % Daily Value 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.</small>	

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Servings: 4 –1 ear of corn

Prep + Cook Time: ~30 minutes



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Ingredients:

- 4 ears sweet corn, husks and silk removed
- 1 Tablespoon cooking oil
- 1 lime, juiced
- 1/3 cup low-fat mayo, sour cream or Greek yogurt
- 1/4 cup crumbled cotija cheese
- 2 teaspoons chipotle chili powder, chili powder or smoked paprika
- 1/4 cup cilantro, chopped

Directions:

- 1) **Grill, boil, roast or steam** corn on the cob.
 - **To Grill:** pre-heat grill to med-high heat (375-400°F). Coat each corn with a little bit of oil so it does not stick. When the grill is hot, cook the corn for 2-3 minutes per side, until it is brown all around.
 - **To Boil:** fill a large pot half full with water and boil. Add the naked corn and cover the pot and boil again. Cook for 5-6 minutes, until corn is golden yellow and tender-crisp. Remove from pot.
 - **To steam:** Add 2-3 inches of water into a large pot that will fit a steamer basket (water should not touch basket). Cover and boil. Place naked corn in the steamer basket and cover. Cook for 5-7 minutes, until corn is golden yellow and tender crisp. Remove from pot.
 - **To roast:** Pre-heat oven to 400°F. Leave corn in the husk. Cook for about 15 minutes. (Optional) let cool enough to remove the husk, turn oven to broil and add naked corn to oven to brown. Pay attention—it can burn quickly!
- 2) In a small bowl, add mayo (or sour cream, or Greek yogurt) and lime juice. Mix together.
- 3) Using a brush or butter knife, spread the cream mixture onto each ear of cooked corn evenly.
- 4) Sprinkle each ear of corn with 1 Tablespoon of cotija cheese, 1 Tablespoon of cilantro and a pinch of chili powder (or smoked paprika).