



Mexican Street Corn

 **BRONSON**

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Recipe provided by Chris Flood, Bronson nutrition educator; adapted from Serious Eats

Serves 4

Ingredients

- 1/4 cup olive oil-based mayonnaise
- 1/4 cup sour cream or Mexican crema
- 1/4-1/2 cup finely crumbled cotija or feta cheese, plus more for serving
- 1/2 teaspoon chili powder, plus more for serving
- 2 small or one medium garlic clove, pressed
- 1/4 cup finely chopped cilantro
- 8 ears shucked corn
- 1 lime, cut into wedges
- Tajin spice (optional)

Directions

1. Clean and lightly spray the grate of a gas grill with cooking spray. Set the grill to medium heat and preheat five minutes.
2. In a medium size bowl, combine mayonnaise, sour cream or Mexican crema, cheese, chili powder, garlic and cilantro. Stir well.
3. When grill is hot, place corn directly on grill and cook, rotating occasionally, until cooked through and charred in spots on all sides (about 8 minutes).
4. Remove corn from the grill. Using a butter knife, evenly coat grilled corn on all sides with cheese mixture.
5. Sprinkle with a little extra cheese and cilantro.
6. Serve immediately with a squeeze of fresh lime juice and/or a sprinkle of Tajin.

Nutrition information (per 1/2 cup) serving

96 calories, 3g fat, 1g sat fat, 11g carbohydrate, 8g protein, 6.5g fiber, 156mg sodium