

## Healthy Mexican Street Corn

Serves: 6

Taken from.: [www.slenderkitchen.com](http://www.slenderkitchen.com)

**Items Needed:** cutting board, chef knife, medium sized skillet, wooden spoon, large bowl, whisk, measuring spoon, measuring cups

### Ingredients:

- 14 oz frozen corn
- 1/2 tbsp butter
- 2 tbsp reduced fat mayonnaise
- 1 oz Cotija cheese
- 1/4 jalapeno (seeded and finely diced)
- 1/4 cup cilantro (finely chopped)
- 1 clove garlic (minced)
- 1/4 tsp smoked paprika
- 1/4 tsp chili powder
- Juice of 1 lime
- 1/4 tsp 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 1/2 cup):

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

Provide the above nutrition specs. If not provided from your recipe source, use USDA food composition database located at <https://ndb.nal.usda.gov/ndb/>

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