



Mexican Street Corn

🕒 15 minutes prep 🕒 15 minutes cook

🍴 4 servings

Ingredients

2 cup Corn (1/2 cup = about 1 6-inch corn on the cob)

1 tbsp Butter (sub vegan butter or canola oil for dairy-free)

1 tbsp Cilantro (chopped)

1 tbsp Lime juice (freshly juiced is best; 1 lime = about 2 tbsp juice)

1/4 tsp Salt

1/4 tsp Smoked paprika

2 tbsp Mayonnaise (use vegan mayo for plant-based option)

1/4 cup Cotija cheese (crumbled; sub vegan feta cheese for dairy-free)

Nutrition

i Information is provided as an estimate.

per serving (1/2 cup)

Calories	172 kcal	Fat	11 g
Carbs	17 g	Protein	4 g
Fiber	2 g	Sugar	4 g
Cholesterol	19 mg	Sodium	320 mg
Vitamin A	405 IU	Vitamin B1	0.1 mg
Vitamin B2	0.1 mg	Vitamin B3	1.4 mg
Vitamin B12	0.2 µg	Vitamin C	5 mg
Vitamin D	0.1 µg	Calcium	51 mg
Vitamin E	0 mg	Iron	0 mg
Folate	22 µg	Zinc	0.8 mg

Prep ahead

- Cut kernels off cob from _____ and refrigerate in airtight container up to 3 days before cooking.

Directions

1. Cut corn off of cob. Heat a large cast iron skillet over medium-high heat. Add butter and melt, then add corn. Cook 8-10 minutes, stirring frequently.
2. While corn cooks, chop cilantro and set aside.
3. Once corn has started to brown, stir in lime juice, salt, and smoked paprika, then remove from heat.
4. Stir in mayonnaise, cotija cheese crumbles, and chopped cilantro into corn. Garnish with additional chopped cilantro to serve.

Notes

Total Time: 25-30 min

Prep time: 10-15 min | Cook time: 10-15 min

Serving Size

1/2 cup

Pro Tip

In the winter and spring, use frozen corn when fresh corn is out of season. In place of cotija cheese, you can substitute feta cheese and omit the salt in the recipe. In place of mayonnaise you can substitute plain Greek yogurt or sour cream. For a spicy version, add a chopped jalapeno pepper or a pinch of cayenne pepper.

Picky Eater Tips

Set aside some plain corn before mixing in any seasonings as a "safe" alternative. Offer corn on the cob instead of cutting it off, and mix together the seasonings to let your picky eater dip their corn or sample separately. Let your picky eater help with the preparation for hands-on experience, such as shucking the corn, juicing the lime, or mixing in the ingredients.

Cooking Equipment

Cutting board | Chef's knife | Cast iron skillet or sauté pan

Leftovers

Refrigerate in airtight container up to 5 days. Not recommended to freeze.

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Notes

Cut corn kernels off cob

Shuck corn, break off base, remove as many silks as possible, and wash. Cut off any spoiled spots using a paring knife. Stand the cob upright on its base and use a very sharp knife to cut along cob from top to bottom around core to remove kernels. Take care to avoid cutting too close to cob and accidentally including fibrous center.