

Recipe: Mexican Street Corn

JULY 19, 2017 — 3:07PM

Mexican Street Corn

Serves 4.

Note: Cotija (pronounced ko-TEE-hah) is a Mexican hard cheese used for grating; it's widely available. Finely grated Parmesan or crumbled feta could be substituted. Adapted slightly from "Vegetables on Fire," by Brooke Lewy.

- 2 tbsp. mayonnaise
- 2 tbsp. plain, full-fat Greek yogurt or sour cream
- 1 tbsp. finely chopped fresh cilantro
- 1 tsp. fresh lime juice
- 6 oz. very finely crumbled Cotija cheese (see Note)
- 1/4 tsp. chili powder
- 4 ears of corn, shucked

Directions

In small bowl, stir together the mayonnaise, yogurt or sour cream, cilantro and lime juice.

In another small bowl, finely crumble the cheese by hand or pulse it in a food processor. (The finer it is, the more easily it will stick to the corn.) Mix the chili powder into the cheese and spread out the mixture on a plate.

Heat grill to medium, and grill corn until well charred on all sides, 10 to 15 minutes total. While corn is hot, slather with a thin layer of the mayo mixture and roll the cob in the cheese until the corn is covered in a light, even layer. The corn, mayonnaise mixture and cheese can all be prepared several hours in advance. Assemble just before serving.

Nutrition information per serving:

Calories 330

Fat 22 g

Sodium 715 mg

Carbohydrates 23 g

Saturated fat 10 g

Total sugars 5 g

Protein 14 g

Cholesterol 50 mg

Dietary fiber 3 g

Exchanges per serving: 1 1/2 starch, 1 1/2 high-fat protein, 2 fat.

(http://stmedia.stimg.co/ows_150048190241556.jpg)
Mexican Street Corn from
"Vegetables on Fire." Photo by Erin
Kunkel