



Mexican Street Corn

4 Servings • 1 Serving = 1 Ear of Corn

Adapted from Naturally Healthy Mexican Cooking by Jim Peyton

INGREDIENTS

- 2 Tablespoons canola oil
- 2 cloves garlic, minced
- 4 ears corn, husked
- 2 Tablespoons mayonnaise
- 2 teaspoons chili powder
- ½ teaspoon garlic powder
- 1 Tablespoon lime juice
- Freshly ground black pepper, to taste
- ¼ cup cotija cheese or parmesan cheese, grated
- 4 lime wedges

DIRECTIONS

1. On a saucepan, heat the canola oil over low heat. Add the garlic and sauté until the garlic is soft but not browned.
2. Preheat a stovetop grill pan. Brush the corn all over with the garlic oil and grill it on all sides to over medium to medium-high heat until to corn is tender and well browned, 6-10 minutes.
3. While the corn is grilling, combine the mayonnaise, chili powder, garlic powder, lime juice, and pepper in a small bowl.
4. When the corn is done, brush it with the paste and dust with the cheese.
5. Serve with the lime wedges.

Nutrition Facts

4 servings per container	
Serving size	1 Ear of Corn
Amount per serving	
Calories	210
% Daily Value*	
Total Fat 16g	21%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 200mg	9%
Total Carbohydrate 16g	6%
Dietary Fiber 1g	4%
Total Sugars 5g	
Includes 0g Added Sugars	0%
Protein 4g	
Vitamin D 0mcg	0%
Calcium 70mg	6%
Iron 1mg	6%
Potassium 249mg	6%

*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.

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