

CORN ON THE COB "ELOTE" STYLE



DIFFICULTY

EASY



TIME

55 MIN



SERVES

8

INGREDIENTS

8 ears of Corn, husks intact
½ Cup Plain Greek Yogurt and/or high-quality mayonnaise
Cumin
Chili Powder
Chopped Cilantro
Crumbled or Grated Cheese (Parmesan or Cotija)
Sea Salt
Lime Wedges
Hot Sauce
Sea Salt

DIRECTIONS

1. Preheat the oven to 400 or the grill to medium high
2. Place ears of corn with husk onto a sheet pan and into a 400 degree oven or in medium-high place on the indirectly on the grill and close the lid. Cook for 30 minutes
3. Remove the corn from the oven. Let it cool for 10 minutes and remove the husks. It will still be warm. The corn silk will mostly dissipate during the cooking process
4. Roll each ear in the Greek yogurt or high-quality mayonnaise
5. Sprinkle each ear with chili powder, cumin, chopped cilantro and/or cheese
6. Additions include a squeeze of lime, dash of hot sauce and/or sprinkling of sea salt

NUTRITION FACTS PER SERVING

Calories: 149 Fat: 0.5g (Saturated Fat: 4.6g) Carbohydrates: 19.6g Fiber: 1.8g Sugar: 7.8g Protein: 6g



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