

Cheesy Jalapeño Corn Dip Oshkosh Community YMCA

Creamy melted cheese brings sweet corn and spicy jalapeño together with a nice pop of brightness from lime juice and cilantro in this tasty dip inspired by Mexican elote and esquites. This creamy and satisfying dish can be served with tortilla chips and veggies for dipping.

INGREDIENTS:

- 1 teaspoon neutral oil, such as canola *or* avocado
- 2 $\frac{1}{3}$ cups fresh or frozen (thawed) corn kernels
- 1 jalapeño pepper, seeded and finely chopped
- $\frac{1}{4}$ cup mayonnaise
- $\frac{1}{4}$ cup Mexican crema or sour cream
- 2 tablespoons lime juice
- 1 teaspoon chili powder
- $\frac{3}{4}$ cup crumbled queso fresco, divided
- $\frac{1}{8}$ teaspoon cayenne pepper
- Chopped cilantro for garnish
- Tortilla chips for serving



INSTRUCTIONS:

1. Preheat oven to 350 degrees F. Heat oil in a large skillet over high heat until hot but not smoking. Add corn and jalapeño and cook, without stirring, until lightly charred, about 3 minutes. Stir and cook for another 3 minutes. Transfer the

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Recipe Source <https://www.eatingwell.com/recipe/280203/cheesy-jalapeno-corn-dip/>

- mixture to a medium bowl. Stir in mayonnaise, crema (or sour cream), lime juice, chili powder and 1/2 cup queso fresco.
2. Spread the mixture in an 8-inch glass pie pan or 1-quart baking dish. Top with the remaining 1/4 cup queso fresco and sprinkle with cayenne. Bake until the cheese is melted and the outer edges begin to bubble, about 12 minutes. Garnish with chopped cilantro and serve with tortilla chips, if desired.

NUTRITION

Servings Per Recipe 6

Serving Size 1/3 cup

Calories 186

% Daily Value *

Total Carbohydrate 14g	5%
Dietary Fiber 2g	6%
Total Sugars 3g	
Protein 5g	10%
Total Fat 13g	17%
Saturated Fat 4g	20%
Cholesterol 19mg	6%
Vitamin A 469IU	9%
Vitamin C 7mg	7%
Folate 26mcg	6%
Sodium 189mg	8%
Calcium 100mg	8%
Iron 0mg	2%
Magnesium 24mg	6%
Potassium 202mg	4%

Nutrition is provided as a courtesy and is an estimate. If this information is important to you, please have it verified independently.

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