

# Healthy Mexican Street Corn

Perfect corn on the cob recipe made with parmesan cheese, garlic powder, lime juice, and some chili powder for some extra heat!

Makes: 4 servings

Prep Time: 10 minutes

Cook Time: 30 minutes

Source: [healthyfitnessmeals.com](http://healthyfitnessmeals.com)

## Ingredients

- 4 Sweet Corn on the cob
- 2 tablespoons olive oil
- 1 teaspoon garlic powder
- 4 tablespoons low-fat plain yogurt
- 1/3 cup parmesan cheese
- 2-3 tablespoons fresh cilantro (chopped)
- 1/2 teaspoon chili powder
- 1 lime cut into wedges

## Directions

1. Preheat oven to 350 degrees F.
2. Cut 4 pieces of aluminum foil large enough to hold a cob, then place a cob on each piece.
3. Brush each cob with olive oil, and sprinkle generously with garlic powder. Seal the edges of your foil to form packets.
4. Bake or grill, for 30-35 minutes or until kernels are tender. Once the corn is done, carefully remove foil and brush with low-fat yogurt.
5. Sprinkle with parmesan cheese, chili powder and cilantro on all sides. Squeeze lime over and enjoy!



Small Changes,  
BIG Difference!



## Nutrition Information

Serving Size: 1 Cob

Nutrients	Amount
Calories:	167
Total Fat:	10 g
Saturated Fat:	6 g
Cholesterol:	17 mg
Sodium:	58 mg
Total Carbohydrates:	21 g
Dietary Fiber:	2 g
Total Sugars:	7 g
Added Sugars:	7 g
Protein	5 g
Vitamin A	514 IU
Vitamin C	11 mg
Calcium	82 mg
Iron	1 mg

## Utensils Needed

- Cutting board
- Sharp knife
- Measuring cups
- Measuring spoons
- Aluminum foil

# SHOPPING LIST

Average total cost without oil and seasonings: \$7.55

Average cost/serving: \$1.88

Recipe Makes: 4 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.

## Ingredients



Add 1 to Cart  
Fresh Cilantro



Add 1 to Cart  
Parmesan Cheese



Add 1 to Cart  
Fresh Lime



Add 1 to Cart  
Plain Low Fat Yogurt



Add 4 to Cart  
Fresh Sweet Corn on the Cob

## SAVE TIME, SAVE MONEY

## My Cooking Notes

### Produce Tips

- Fresh corn on the cob is best when in season, but frozen corn on the cob may be available at some stores year-round.