

Farm Market Recipe



Mexican Street Corn

Ingredients:

- 8 small ears of corn with husks
- 2 tablespoons avocado oil or canola oil
- 1 teaspoon chili powder
- ¼ teaspoon cayenne pepper (optional)
- ⅛ teaspoon salt
- ¾ cup crumbled Cotija cheese (3 ounces)
- ¼ cup snipped fresh cilantro
- 1 teaspoon Lime zest
- Lime wedges

Directions:

1. Peel back corn husks, but do not remove. Remove silks; rinse corn. Fold husks back around corn. Tie husk tops with 100% cotton kitchen string to secure. Soak corn in enough water to cover 1 to 2 hours; drain.
2. Grill corn, covered, over medium 30 to 35 minutes or until kernels are tender, turning once. Remove string and pull back husks. Tie husks with string to hold open.
3. Place corn on a platter and brush with oil. In a small bowl combine chili powder, cayenne pepper (if desired), and salt; sprinkle over corn. Top with cheese, cilantro, and, if desired, lime zest. If desired, serve with lime wedges.

Nutrition Facts:

Servings: 8 Serving Size: 1 ear of corn

Per Serving: calories 148; protein 5g; carbohydrates 18g; dietary fiber 2g; sugars 6g; total fat 8g; saturated fat 3g; cholesterol 11mg; vitamin A 424IU; vitamin C 6mg; folate 40mcg; sodium 208mg; calcium 89mg; iron 1mg; magnesium 38mg; potassium 268mg; .

Recipe from eatingwell.com