

Mexican Grilled Corn (Elote)

Recipe by: Chef Jonathan Poyourow, RD, LD

Yield: 4 servings

Ingredients:

4 ears corn
1 ½ cups low fat sour cream
¼ cup low fat mayonnaise
¼ cup plain Greek yogurt
¼ cup fresh cilantro leaves, chopped
¼ teaspoon red chili powder
1 lime, juiced
1 cup fresh Parmesan, grated
Red chili powder, for garnish
2 limes, cut into wedges, for garnish



Method of Preparation:

1. Remove husks of corn, leaving core attached at the end so you have something to hold onto.
2. Grill corn on a hot grill or cast iron griddle pan until slightly charred. Rotate each piece to cook evenly.
3. Mix sour cream, mayonnaise, Greek yogurt, cilantro and chili powder together. While the corn is still warm slather with mixture. Squeeze lime juice over the corn and shower with Parmesan.
4. Sprinkle with more chili powder, if desired, and serve with extra lime wedges.

Nutritional Analysis:

Calories: 340
Carbohydrates: 29 g
Sodium: 750 mg
Protein: 23 g
Fat: 17 g
Fiber: 3 g