

# Street Corn

4 Servings • 1 Serving = ¼ Cup



## INGREDIENTS

- 1 cup corn, canned or frozen (no sugar or salt added)
- 2 Tablespoons red onion
- ½ tomato
- 2 Tablespoons cilantro
- 1/8 cup mayonnaise, low-fat
- Juice from 1 lime (about 2 Tablespoons)
- ½ teaspoon garlic powder
- ¼ teaspoon cumin
- ½ teaspoon chili powder
- ¼ teaspoon black pepper
- 1 Tablespoon olive oil
- ¼ teaspoon salt

## DIRECTIONS

1. If using canned corn, drain and rinse. If using frozen, thaw before using. Add corn to a large bowl.
2. Dice the red onion and add to the bowl.
3. Seed and dice the tomato. Add to the bowl.
4. Chop the cilantro and add to the bowl. Mix the ingredients to combine.
5. In a small bowl, combine mayonnaise, lime juice, garlic powder, cumin, chili powder, pepper, olive oil, and salt. Whisk together to combine.
6. Add mixture to the larger bowl and stir until everything is evenly coated.

## Nutrition Facts

servings per container	
<b>Serving size</b>	<b>(105g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>90</b>
	<b>% Daily Value*</b>
<b>Total Fat</b> 7g	<b>9%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 5mg	<b>2%</b>
<b>Sodium</b> 270mg	<b>12%</b>
<b>Total Carbohydrate</b> 9g	<b>3%</b>
Dietary Fiber 1g	<b>4%</b>
<b>Total Sugars</b> 3g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 1g	
<b>Vitamin D</b> 0mcg	<b>0%</b>
<b>Calcium</b> 17mg	<b>2%</b>
<b>Iron</b> 0mg	<b>0%</b>
<b>Potassium</b> 150mg	<b>4%</b>

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Recipe developed by San Antonio Independent School District - Child Nutrition Services

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