



ESQUITES - MEXICAN STREET CORN

Recipe Project Name/Written By: American Dairy Association Mideast

Recipe Category: Lunch, Grab & Go, Speed Scratch

Cooking Process: #1 No Cook

Prep Time: 50 minutes

Cook Time: 0 minutes

Total Time: 50 minutes

K-12 Portion Size: 10 oz

Meal Pattern Contribution: 1 oz eq m/ma, 1/2 cup other vegetable

INGREDIENTS	24 Servings		48 Servings	
	Weight	Measure	Weight	Measure
Corn, frozen	4 lb 6 oz	3 qt	8 lb 12 oz	1 gal + 2 qt
Yogurt, plain, low-fat	6.33 lb	3 qt	12.66 lb	1 gal + 2 qt
Chili powder		2 Tbsp		1/4 c
Dried cilantro		1 Tbsp		2 Tbsp
Onion, red, diced 1/4"	8 oz	1 1/2 c	1 lb	3 c
Jalapeño, seeded, minced		3/4 c		1 1/2 c
Butter, unsalted, melted and cooled		1/2 c		1 c
Cheese, Parmesan, grated		1/2 c		1 c
Lime juice		1/4 c		1/2 c
Dried cilantro		1 1/2 tsp		1 Tbsp
Tajin, reduced sodium		1 1/2 tsp		1 Tbsp
Lime, wedges (optional)		24 wedges		48 wedges

DIRECTIONS
1. Thaw corn overnight.
CCP: Hold at 41° F or below.
CCP: No bare hand contact with ready to eat food.
2. In a large bowl or container, whisk together yogurt, chili powder, and dried cilantro until thoroughly combined.
3. Refrigerate for a minimum of 3 hours to allow flavors to develop.
CCP: Hold at 41° F or below.
CCP: No bare hand contact with ready to eat food.
4. In another large bowl or container, combine corn, red onion, jalapeños, butter, parmesan cheese, and lime juice.
5. In a 12 oz cup, layer: -#8 disher yogurt -#8 disher veggie mix -Garnish with a dash of Tajin, dried cilantro, and a lime wedge
CCP: Hold and serve at 41° F or below.
CCP: No bare hand contact with ready to eat food.
6. Serve one cup per student.

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NUTRITION INFORMATION

Serving Size 10 oz

NUTRIENTS AMOUNT

Calories 182

Total Fat 5 g

Saturated Fat 3 g

Cholesterol 14 mg

Sodium 171 mg

Total Carbohydrate 25 g

Dietary Fiber 3 g

Total Sugars 14 g

Added Sugars 0 g

Protein 10 g

Vitamin D 0 mcg

Calcium 245 mg

Iron 0.7 mg

Potassium 539 mg

N/A=data not available.

ALLERGENS: Milk

Allergen and nutrient information may vary based on the specific products and ingredients used on site.

***MARKETING GUIDE**

Food as Purchased for	24 Servings	48 Servings
Onions, mature, fresh	9 oz	1 lb 2 oz

NOTES

*See Marketing Guide for AP (As Purchased) weights when EP (Edible Portion) weights are provided in the recipe.

Corn and veggies can also be mixed with yogurt mixture for easier service.

YIELD/VOLUME

24 Servings	48 Servings
N/A	N/A

