

MEXICAN STREET CORN DIP

March 23

National Chip and Dip Day



INGREDIENTS

- 3 Cups Canned, Drained Sweet Corn
- ¼ Cup Mayonnaise
- ½ Cup Sour Cream
- 1 Tablespoon Lime Juice
- 1 Teaspoon Chili Powder
- 1 Teaspoon Salt
- 1 Teaspoon Garlic Powder
- ¼ Teaspoon Cayenne Pepper (optional)
- 6 Ounces Queso Fresco (crumbled)
- ¼ Cup Cilantro (chopped)
- 4 Ounces Tortilla Chips (enriched or whole grain)

DIRECTIONS

1. In a large bowl, combine the sweet corn, mayonnaise, sour cream, lime juice, chili powder, salt, garlic powder, cayenne pepper.
2. Crumble the queso fresco and set aside about ¼ cup for topping. Stir the remaining cheese into the dip.
3. Top with the remaining queso fresco crumbles and chopped cilantro.
4. Serve immediately, or chill for up to 24 hours and serve with tortilla chips.

MEAL PATTERN CONTRIBUTION

-  Grain
-  Vegetable

MEAL TYPE

-  Snack

YIELD

4½ Cups

PORTION SIZES

Toddler	Preschool	School Age	Adult
½ Ounce Chips + ¾ Cup Dip	½ Ounce Chips + ¾ Cup Dip	1 Ounce Chips + 1 Cup Dip	1 Ounce Chips + ¾ Cup Dip