



INGREDIENTS

- 4 Medium Corn on the Cob (about 5¼" each)
- ½ cup Mayonnaise
- ¼ Cup Plain Yogurt, Sour Cream, or Mexican Crema
- 1 Cup Cotija Cheese (finely grated, divided)
- 2 Cloves Garlic (finely minced)
- Zest of 1 Lime
- 2 Tablespoons Lime Juice
- 2 Teaspoons Ancho Chile Powder (plus more for serving)
- ½ Teaspoon Salt
- 1 Cup Cilantro Leaves (chopped)
- Lime Wedges (for serving)

DIRECTIONS

1. Husk the ears of corn and remove silk. Snap off the ends, or shanks.
2. Heat a 12-inch cast iron skillet over medium high heat until hot. You need a hot pan so that when you add in the corn, it starts to char immediately.
3. Add ears of corn to the hot skillet and cook for about 3-4 minutes per side, or until charred all around. This should take about 15-20 minutes.
4. In the meantime, whisk together mayonnaise, yogurt, ½ cup grated cotija, garlic, lime zest, lime juice, ancho chile powder, and salt in a mixing bowl; whisk until thoroughly combined.
5. Set aside 1 tablespoon chopped cilantro for serving; add the rest to the mayonnaise mixture and whisk to combine.
6. Remove ears of corn from the skillet.
7. Using a pair of tongs, pick up the corn, one by one, and roll in the mayonnaise mixture.
8. Transfer to a serving platter.
9. Garnish the elote with more cotija, a sprinkle of ancho chile powder, and reserved cilantro, and serve it with lime wedges.

MEAL PATTERN CONTRIBUTION

 Vegetable

MEAL TYPE

 Snack

YIELD

4 Cobs

PORTION SIZES

Toddler: 1 Cob

Preschool: 1 Cob

School Age: 1½ Cobs

Adult: 1 Cob