

LYONS
**THICK
& EASY®**

Mexican Street Corn

(Elotes)





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(Elotes)

IDDSI LEVELS 4 5 6 7



INGREDIENTS

	1 Serving	8 Servings	16 Servings
THICK & EASY® Pureed Shaped Corn item: 27074	1 – 3 oz portion	6 – 3 oz portions	12 – 3 oz portions
Mexican crema, crème fraîche or sour cream	½ Tbsp	3 Tbsp	¼ cup + 2 Tbsp
Mayonnaise	½ Tbsp	3 Tbsp	¼ cup + 2 Tbsp
Lime juice	¼ tsp	1 ½ tsp	1 Tbsp
Cotija cheese or Grated Parmesan	½ Tbsp	3 Tbsp	¼ cup + 2 Tbsp
Salt or Chili powder, if desired	To taste	To taste	To taste

NUTRITION

Serving Size: 1 corn portion with toppings

Calories: 270

Total Fat: 18g

Saturated Fat: 4.5g

Trans Fat: 0g

Cholesterol: 10 mg

Sodium: 460 mg

Total Carbs: 24g

Dietary Fiber: 1g

Total Sugars: 8g

Added Sugars: 7g

Protein: 3g

Vitamin D: 0% DV

Calcium: 2% DV

Iron: 0% DV

Potassium: 0% DV

DIRECTIONS

1. Heat **THICK & EASY® Pureed Shaped Corn** per package directions.
2. Combine the crema or sour cream with mayonnaise and lime juice and stir well.
3. Cover and chill until ready to serve.

TO SERVE

4. Place the heated pureed corn portion onto a plate or serving dish.
5. Spread or drizzle the cream mixture evenly over the corn.
6. Sprinkle with cotija or parmesan cheese and season with salt and chili powder, if desired.

RECIPE NOTES

For Level 4 consistency diets, mix the cheese with the cream so there are no loose particulates.