

## SIDES

*Healthy Mexican Street Corn*

*\*Recipe makes 4 servings\**

PLATE SECTIONS FULFILLED:



Protein



Fats



Carbohydrates



Vegetables



Extras

## INGREDIENTS

- 4 ears fresh corn, shucked
- 2 tsp olive oil
- 2 tbsp plain nonfat Greek yogurt
- 1 tsp paprika or chili powder
- 1 tsp Mrs. Dash Fiesta Lime seasoning
- ½ tsp sea salt
- ½ tsp pepper
- 2 tbsp shredded parmesan
- 2 tbsp fresh cilantro, chopped (optional)
- Lime wedges (optional)

## INSTRUCTIONS

1. Preheat grill to medium-high heat.
2. Brush corn with oil.
3. Grill for 10 minutes, turning frequently.
4. When corn is charred in spots and cooked through, brush with yogurt. Season with paprika or chili powder, Fiesta Lime seasoning, salt, and pepper. Top with parmesan.
5. Garnish with cilantro and lime wedges, if using.