

Amazing Baked Mexican Style Corn on the Cob

A diabetic-friendly recipe

Ingredients:

- 4 large ears sweet corn
- 4 tablespoons sour cream
- 4 tablespoons mayonnaise
- 1 lime, zested
- 1/2 cup crumbled cotija cheese
- 1/4 cup shredded Parmesan cheese
- 2 tablespoons minced cilantro (plus a little extra for garnish)
- 2 cloves garlic, minced
- 1 teaspoon chili powder
- 1/4 teaspoon cumin
- 1/4 teaspoon onion powder
- Salt and pepper to taste
- Queso fresco for garnish



Directions

1. Preheat oven to 400°F.
2. Place corn onto a baking sheet. Bake 20–30 minutes.
3. Combine sour cream, mayonnaise, and lime zest in a small bowl. Stir in cheeses, cilantro, garlic, chili powder, cumin, onion powder, salt, and pepper. Slice the zested lime into wedges.
4. Remove corn from oven and immediately coat each in the cheese mixture. Garnish each with a sprinkle of queso fresco and lime wedges.

Makes 4 servings

To make a recipe card, print on card stock paper. Cut out along dotted lines. Glue the front and back of the card together.