



## Esquites (Mexican-Inspired Street Corn)

Delight your students with a vibrant street corn recipe featuring sweet corn, crumbly cotija cheese, and fresh cilantro all dressed up in a creamy lime dressing.

**Preparation Time:** 20 minutes

**Cook Time:** 10 minutes

**CACFP Crediting Information:**

½ cup provides ½ cup total vegetable (½ cup starchy vegetable).

| INGREDIENTS   | 25 SERVINGS |         | 50 SERVINGS |         | DIRECTIONS   |
|---|-------------|---------|-------------|---------|--|
|   | Weight      | Measure | Weight      | Measure |  |
| Corn, whole kernel, yellow, frozen, thawed, drained | 5 lbs       | 1 gal   | 10 lbs      | 2 gals  | <p><b>1</b> Preheat oven:<br/>Conventional oven: 375 °F.<br/>Convection oven: 350 °F.<br/>Steam oven: 212 °F.</p> <p><b>2</b> Place corn in a full steam table pan and spread into an even layer. Spray corn with a light coating of pan-release spray. Heat corn for 5 minutes. Remove from oven and hold for step 4.</p> <p>For 25 servings, use 1 steam table pan (12" x 20" x 2").<br/>For 50 servings, use 2 steam table pans (12" x 20" x 2").</p> <p><b>Critical Control Point:</b><br/>Heat to 135 °F or higher.<br/>Hold for hot service at 135 °F or higher.</p> |
|   |             |         |             |         |  |

| INGREDIENTS                        | 25 SERVINGS |         | 50 SERVINGS  |          | DIRECTIONS  |
|------------------------------------|-------------|---------|--------------|----------|---|
|                                    | Weight      | Measure | Weight       | Measure  |   |
| Yogurt, greek, plain, low-fat      | 10 oz       | 1 ⅞ cup | 1 lb<br>4 oz | 2 ¼ cups | <p><b>3</b> In a large mixing bowl combine dressing ingredients:</p> <p>For 25 servings: mix yogurt, mayonnaise, 1 cup of cotija, 1 cup of chopped cilantro, garlic, lime juice, and chili powder (reserve remaining 1 cup of cheese and ¼ cup cilantro for garnish).</p> <p>For 50 servings: mix yogurt, mayonnaise, 2 cups of cotija, 2 cups of chopped cilantro, garlic, lime juice, and chili powder (reserve remaining 2 cups of cheese and ½ cup of cilantro for garnish).</p> <p><b>4</b> Pour yogurt sauce over corn (1 lb 11 oz/1 qt per pan). Mix well.</p> <p><b>Critical Control Point:</b><br/>Hold for hot service at 135 °F or higher.</p> <p><b>5</b> Just before service, sprinkle the paprika evenly over the corn and top each pan with the remaining cotija cheese and cilantro.</p> <p><b>6</b> Serve ½ cup using a No. 8 scoop or 4 oz spoodle.</p> |
| Mayonnaise, low-fat                | 10 oz       | 1 ⅞ cup | 1 lb<br>4 oz | 2 ¼ cups |   |
| Cheese, cotija, divided            | 8 oz        | 2 cups  | 1 lb         | 1 qt     |   |
| *Cilantro, fresh, chopped, divided | 2 oz        | 1 ¼ cup | 4 oz         | 2 ½ cups |   |
| Garlic, fresh, minced              |             | 3 Tbsp  |              | 6 Tbsp   |   |
| *Limes, fresh, juiced              | 5 oz        | ⅔ cup   | 10 oz        | 1 ⅓ cup  |   |
| Chili powder                       |             | 1 ½ tsp |              | 1 Tbsp   |   |
| Paprika                            |             | 1 Tbsp  |              | 2 Tbsp   |   |

## NUTRITION INFORMATION

For ½ cup (No. 8 scoop)

| NUTRIENTS | AMOUNT |
|-----------|--------|
|-----------|--------|

|                 |            |
|-----------------|------------|
| <b>Calories</b> | <b>152</b> |
|-----------------|------------|

|                  |            |
|------------------|------------|
| <b>Total Fat</b> | <b>6 g</b> |
|------------------|------------|

|               |     |
|---------------|-----|
| Saturated Fat | 2 g |
|---------------|-----|

|                    |             |
|--------------------|-------------|
| <b>Cholesterol</b> | <b>12 g</b> |
|--------------------|-------------|

|               |               |
|---------------|---------------|
| <b>Sodium</b> | <b>152 mg</b> |
|---------------|---------------|

|                           |             |
|---------------------------|-------------|
| <b>Total Carbohydrate</b> | <b>23 g</b> |
|---------------------------|-------------|

|               |     |
|---------------|-----|
| Dietary Fiber | 2 g |
|---------------|-----|

|              |     |
|--------------|-----|
| Total Sugars | 3 g |
|--------------|-----|

|              |     |
|--------------|-----|
| Added Sugars | 0 g |
|--------------|-----|

|                |            |
|----------------|------------|
| <b>Protein</b> | <b>6 g</b> |
|----------------|------------|

|           |        |
|-----------|--------|
| Vitamin A | 42 RAE |
|-----------|--------|

|           |       |
|-----------|-------|
| Vitamin C | 10 mg |
|-----------|-------|

|         |       |
|---------|-------|
| Calcium | 95 mg |
|---------|-------|

|      |      |
|------|------|
| Iron | 1 mg |
|------|------|

**Source:**

USDA Standardized Recipe Project — 2025

## \*Marketing Guide

| Food as Purchased for | 25 Servings | 50 Servings |
|-----------------------|-------------|-------------|
| Cilantro, fresh       | 3 oz        | 6 oz        |
| Limes, fresh, whole   | 5 ea        | 10 ea       |

## NOTES

\*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

The food safety temperatures are based on the FDA Food Code. Some information included may be different in your state. Always check with your local regulatory authority (health department) or sponsoring organization (sponsor) for guidance on current food safety requirements in your operation.

Cooking Process #2: Same Day Service.

## YIELD/VOLUME

| 25 Servings                    | 50 Servings                     |
|--------------------------------|---------------------------------|
| About 6 lbs 10 oz (1 gal 1 qt) | About 13 lbs 4 oz (2 gal 2 qts) |