

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.

CACFP Crediting Information:

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



Preparation Time: 20 minutes
Cook Time: 10 minutes
Makes: 6 servings

Ingredients

- 1 lb 4 oz corn, whole kernel, yellow, frozen, thawed, drained
- 3 ½ Tbsp or (2 ½ oz) yogurt, greek, plain, low-fat
- 3 ½ Tbsp or (2 ½ oz) mayonnaise, low-fat
- 2 ½ Tbsp (1 ¼ oz) limes, fresh, juiced
- ½ cup or (2 oz) cheese, cotija, divided
- ¼ cup or (¼ oz) cilantro, fresh, chopped, divided
- 2 ¼ tsp (1 ¼ clove) garlic, fresh, minced
- ⅓ tsp chili powder
- ¾ tsp paprika

Directions

- 1** Preheat oven to bake:
Conventional oven: 375 °F.
Convection oven: 350 °F.
- 2** Place corn on a parchment-lined half sheet pan and spread into an even layer. Spray corn with a light coating of pan-release spray. Roast corn for 5 minutes. Remove from oven and hold for step 4.
Critical Control Point:
Heat to 135 °F or higher.
Hold for hot service at 135 °F or higher.
- 3** In a large mixing bowl combine yogurt, mayonnaise, lime juice, ¼ cup of cotija, ⅛ cup of chopped cilantro, garlic, and chili powder (reserve remaining ¼ cup cheese and ⅛ cup cilantro to garnish corn). Mix well until all ingredients are incorporated.
- 4** Transfer cooked corn to the mixing bowl with the yogurt sauce and mix until combined. Pour into a baking dish and hold hot until service.
Critical Control Point:
Hold for hot service at 135 °F or higher.
- 5** Just before service, sprinkle the paprika evenly over the corn and top with the remaining cotija cheese and cilantro.
- 6** Serve ½ cup using a No. 8 scoop or 4 oz spoodle.

NUTRITION INFORMATION

For ½ cup (No. 8 scoop)

NUTRIENTS	AMOUNT
Calories	155
Total Fat	6 g
Saturated Fat	2 g
Cholesterol	13 mg
Sodium	157 mg
Total Carbohydrate	23 g
Dietary Fiber	2 g
Total Sugars	3 g
Added Sugars	0 g
Protein	6 g
Vitamin A	43 RAE
Vitamin C	8 mg
Calcium	96 mg
Iron	1 mg

NOTES

The food safety temperatures are based on Federal consumer food safety guidance. Some information 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.

Source:

USDA Standardized Recipe Project — 2025