



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

NSLP/SBP Crediting Information:

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

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Corn, whole kernel, yellow, frozen, thawed, drained	10 lbs	2 gals	20 lbs	4 gals	1 Preheat oven: Conventional oven: 375 °F. Convection oven: 350 °F. Steam oven: 212 °F. 2 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. For 50 servings, use 2 steam table pans (12" x 20" x 2"). For 100 servings, use 4 steam table pans (12" x 20" x 2"). Critical Control Point: Heat to 135 °F or higher. Hold for hot service at 135 °F or higher.

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Yogurt, greek, plain, low-fat	1 lb 4 oz	2 ¼ cups	2 lbs 8 oz	1 qt ½ cup	3 In a large mixing bowl combine dressing ingredients: 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). For 100 servings: mix yogurt, mayonnaise, 1 qt of cotija, 1 qt of chopped cilantro, garlic, lime juice, and chili powder (reserve remaining 1 qt of cheese and 1 cup cilantro for garnish).
Mayonnaise, low-fat	1 lb 4 oz	2 ¼ cups	2 lbs 8 oz	1 qt ½ cup	
Cheese, cotija, divided	1 lb	1 qt	2 lbs	2 qts	
*Cilantro, fresh, chopped, divided	4 oz	2 ½ cups	8 oz	1 qt 1 cup	
Garlic, fresh, minced		6 Tbsp		12 Tbsp	
*Limes, fresh, juiced	10 oz	1 ⅓ cup	20 oz	2 ⅔ cups	
Chili powder		1 Tbsp		2 Tbsp	4 Pour yogurt sauce over corn (1 lb 11 oz/1 qt per pan). Mix well. Critical Control Point: Hold for hot service at 135 °F or higher.
Paprika		2 Tbsp		4 Tbsp	5 Just before service, sprinkle the paprika evenly over the corn and top each pan 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 **154**

Total Fat **6 g**

Saturated Fat 2 g

Cholesterol **13 g**

Sodium **152 mg**

Total Carbohydrate **23 g**

Dietary Fiber 2 g

Total Sugars 3 g

Added Sugars 0 g

Protein **6 g**

Vitamin A 47 RAE

Vitamin C 10 mg

Calcium 95 mg

Iron 1 mg

Source:

USDA Standardized Recipe Project — 2025

*Marketing Guide

Food as Purchased for	50 Servings	100 Servings
Cilantro, fresh	6 oz	12 oz
Limes, fresh, whole	10 ea	20 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

50 Servings	100 Servings
About 13 lbs 4 oz (2 gal 2 qts)	About 26 lbs 8 oz (5 gal)

