



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 | <p>1 Preheat oven: Conventional oven: 375 °F. Convection oven: 350 °F. Steam oven: 212 °F.</p> <p>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.</p> <p>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").</p> <p>Critical Control Point: Heat to 135 °F or higher. Hold for hot service at 135 °F or higher.</p> |
| | | | | | |

| 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 | <p>3 In a large mixing bowl combine dressing ingredients:</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>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).</p> |
| 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 | <p>4 Pour yogurt sauce over corn (1 lb 11 oz/1 qt per pan). Mix well.</p> <p>Critical Control Point: Hold for hot service at 135 °F or higher.</p> |
| | | | | | |
| | | | | | <p>5 Just before service, sprinkle the paprika evenly over the corn and top each pan with the remaining cotija cheese and cilantro.</p> |
| Paprika | | 2 Tbsp | | 4 Tbsp | |
| | | | | | <p>6 Serve ½ cup using a No. 8 scoop or 4 oz spoodle.</p> |

NUTRITION INFORMATION

For ½ cup (No. 8 scoop)

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

| | |
|-----------------|------------|
| Calories | 154 |
|-----------------|------------|

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|------------------|------------|
| Total Fat | 6 g |
|------------------|------------|

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

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|--------------------|-------------|
| Cholesterol | 13 g |
|--------------------|-------------|

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|---------------|---------------|
| Sodium | 152 mg |
|---------------|---------------|

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|---------------------------|-------------|
| Total Carbohydrate | 23 g |
|---------------------------|-------------|

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|---------------|-----|
| Dietary Fiber | 2 g |
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|--------------|-----|
| Total Sugars | 3 g |
|--------------|-----|

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

| | |
|----------------|------------|
| Protein | 6 g |
|----------------|------------|

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|-----------|--------|
| Vitamin A | 47 RAE |
|-----------|--------|

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

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

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

*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) |

Source:

USDA Standardized Recipe Project — 2025