



# ***Mexican Creamed Corn***

*MyPlate2Yours - Lynn Dugan*

## ***Ingredients***

2 tablespoons olive oil  
1 jalapeño, finely chopped (seeds and ribs removed)  
1/2 sweet onion, finely chopped  
4 ears corn, kernels and pulp scraped  
1 cup water  
1/2 cup non-fat Greek yogurt, plain  
Coarse salt and freshly ground pepper  
3 tablespoons crumbled feta or queso fresco  
2 tablespoons fresh cilantro, chopped

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## ***Directions***

In a medium saucepan, heat olive oil over medium. Cook jalapeño and onion, stirring until softened, 2 to 3 minutes. Add corn and pulp and water. Cook, stirring until corn is tender and most of the water evaporates, 5-7 minutes.

Remove from heat, stir in yogurt and season with salt and pepper. If more heat desired, sprinkle with ground cayenne pepper. Serve immediately, top with feta and cilantro. Enjoy!!